

IHSAA BODY COMPOSITION & HYDRATION ASSESSMENT DATA COLLECTION FORM

Wrestler's First and Last Name: _____

School: _____ Date: _____

Grade: _____ Gender: Male _____ Female _____

Weight: (*round **DOWN** to the nearest pound*) _____ Height ____ (feet) _____ (inches)

HYDRATION ASSESSMENT

Pass _____ Fail _____ (*If the wrestler failed the hydration assessment **DO NOT** proceed to the body composition assessment.*)

SKINFOLDS

Measurements: (*to nearest 1/2 millimeter and enter **ALL THREE** trials*)

	Trial 1	Trial 2	Trial 3
Triceps (<i>male & female</i>)	_____	_____	_____
Subscapular (<i>male & female</i>)	_____	_____	_____
Abdominal (<i>male only</i>)	_____	_____	_____

BOD POD, FUTREX, TANITA

Percent body fat: (*round **UP** to the nearest whole percent*) _____%

This is NOT a mandatory form, but is provided for those assessors who wish to use it.

A data collection form is not provided for hydrostatic weighing as it is assumed assessors using this method will have their own data collection instrument.