

# TIPS FOR PASSING THE WRESTLING HYDRATION ASSESSMENT

Following these tips will help wrestlers pass the hydration assessment and give the most favorable body composition assessment results.

## **Two days before hydration and body composition assessment:**

- **DRINK AT LEAST 8-10, 8-OUNCE GLASSES OF FLUIDS DURING THE DAY.** (Remember, water has no calories.)
- Drink an additional 16-24 ounces of water for each pound you may have lost that day during a sport practice.
- Avoid drinks containing caffeine, such as iced tea, caffeinated pop, & coffee.
- Increase the intake of high fiber foods to help eliminate excess waste from the body. (Whole grain breads, muffins & cereals, fresh fruits, salad, vegetables)
- Eat smaller, more frequent meals.
- AVOID foods high in fat. (Fried foods, fatty meats, french fries, pizza, nuts, regular salad dressings)
- AVOID salty foods. (Potato chips, pretzels, pizza, tuna, crackers, soft drinks, sports drinks)
- Discontinue the use of vitamins, and other supplements, unless prescribed by your doctor, as they may cause the urine to be darker than normal.

## **One day before hydration and body composition assessment:**

- **CONTINUE DRINKING PLENTY OF WATER.** You should be urinating several times during the day and your urine should be clear, if you are fully hydrated.
- Continue to avoid vitamins, and other supplements, unless prescribed by your doctor.
- Drink an additional 16-24 ounces of water for each pound you may have lost that day during a sport practice.
- Avoid drinks containing caffeine, such as iced tea, caffeinated pop, & coffee.
- Avoid eating foods high in chocolate.
- Continue eating smaller meals, more frequently meals.
- Continue to eat foods high in fiber.
- **CONTINUE TO AVOID FOODS HIGH IN FAT AND SALT!**

**The day of hydration and body composition assessment:**

Continue to avoid vitamins, and other supplements, unless prescribed by your doctor.

***Early morning assessment:***

- **DO NOT EXERCISE BEFORE THE ASSESSMENT!**
- **DO NOT DRINK LARGE AMOUNTS OF WATER** IN ORDER TO BECOME HYDRATED AS IT MAY ADVERSELY EFFECT YOUR HYDRATION ASSESSMENT AND WILL ALMOST CERTAINLY CAUSE UNWANTED WEIGHT GAIN!
- **DRINK A GLASS OF WATER WHEN YOU FIRST GET OUT OF BED.**
- Do NOT urinate until you get the test site and so you can provide a urine sample.
- Do NOT eat until after the assessment.

***Late morning, or afternoon, assessment:***

- **DO NOT EXERCISE BEFORE THE ASSESSMENT!**
- **CONTINUE TO DRINK NORMAL AMOUNTS OF WATER THROUGHOUT THE DAY.**
- **DO NOT DRINK LARGE AMOUNTS OF WATER IMMEDIATELY BEFORE THE ASSESSMENT** IN ORDER TO BECOME HYDRATED AS IT MAY ADVERSELY EFFECT YOUR HYDRATION ASSESSMENT AND WILL ALMOST CERTAINLY CAUSE UNWANTED WEIGHT GAIN!
- Urinate several times during the day until 1-2 hours before the assessment.
- Eat small portions and eat lighter foods. (Fruits, cereals, juices)
- DO NOT EAT fatty or salty foods.
- DO NOT DRINK salty drinks, such as pop & sports drinks.
- DO NOT EAT within several hours of the assessment.