IHSAA BODY COMPOSITION ASSESSMENT DATA COLLECTION FORM

Wrestler's First and Last Name: ______________________________________________

School: ____________________________________________ Date: _______

Grade: _____ Gender: Male _____ Female _____

Weight: (round DOWN to the nearest pound) _________

HYDRATION ASSESSMENT

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

SKINFOLDS (Conduct All Three Trials)

Measurements: (to nearest ½ millimeter)

<table>
<thead>
<tr>
<th></th>
<th>Trial 1</th>
<th>Trial 2</th>
<th>Trial 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Triceps (male &amp; female)</td>
<td>______</td>
<td>______</td>
<td>______</td>
</tr>
<tr>
<td>Subscapular (male &amp; female)</td>
<td>______</td>
<td>______</td>
<td>______</td>
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<tr>
<td>Abdominal (male only)</td>
<td>______</td>
<td>______</td>
<td>______</td>
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</tbody>
</table>

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.

Updated 1014