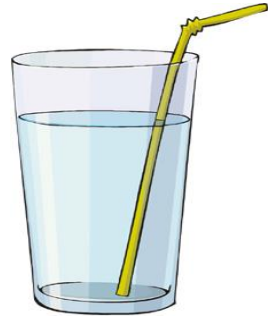




Cecil County Public Schools Wrestling Weight Certification Hydration Tip Sheet



WRESTLERS: The following information includes tips that will help you report to the weight certification properly hydrated.

THREE-FOUR DAYS before the weight certification:

- ❑ Drink plenty of fluids throughout the day (water has no calories). Athletes should be drinking at least 8-10 glass of water each day.
- ❑ Increase intake of foods high in fiber (such as salad, cereal, vegetables, and fruits). This will help with removal of excess waste from body.
- ❑ Eat smaller, more frequent meals.
- ❑ AVOID foods high in fat (such as fried foods, meat, french fries, pizza, nuts, salad dressings).
- ❑ AVOID salty foods (such as potato chips, pretzels, pizza, tuna, crackers, soft drinks, sports drinks).
- ❑ Be sure that you eat and drink, do not dehydrate!!!

ONE DAY before the weight certification:

- ❑ Continue drinking fluids, you should be urinating on a frequent basis. Urine should be colorless if you are fully hydrated.
- ❑ Eat smaller, but more frequent meals. Continue to eat fibrous food, to eliminate excess waste from body.
- ❑ STAY AWAY from fatty foods and snacks that will remain in your body for a longer period of time.

DAY of weight certification:

- ❑ Eat small portions and eat a very light lunch (if afternoon testing).
- ❑ Eat light foods (such as fruit and grains).
- ❑ Continue to drink water.
- ❑ Do not drink salty drinks (such as sodas, Gatorade, or PowerAde). This may cause you to retain fluid.
- ❑ Urinate as frequently as possible through the day until one to two hours prior to your weight certification time.
- ❑ Please be ready to urinate for the hydration test.