



NSAA Wrestling Weight Assessment Data Recording Form



(PRINT)

Age:

Alpha Date:

First Name MI Last Name

School _____ Test Site _____
 Grade: 9 10 11 12 Gender: Male Female
(circle)

Urine Specific Gravity: PASSED FAILED

Alpha Body Weight: .
(in LBS., to nearest 0.1)

Skin Fold Measures: (use Rt. side of body)

	Trial 1	Trial 2	Trial 3
Tricep <small>(vertical fold; elbow 90°, midway between lat. acromion & inf. margin olecranon)</small>	<input style="width: 30px; height: 30px;" type="text"/>	<input style="width: 30px; height: 30px;" type="text"/>	<input style="width: 30px; height: 30px;" type="text"/>
Scapular <small>(diagonal fold; up & in, just below inferior angle)</small>	<input style="width: 30px; height: 30px;" type="text"/>	<input style="width: 30px; height: 30px;" type="text"/>	<input style="width: 30px; height: 30px;" type="text"/>
Abdominal <small>(vertical fold; 1" over and 1/2" below navel))</small>	<input style="width: 30px; height: 30px;" type="text"/>	<input style="width: 30px; height: 30px;" type="text"/>	<input style="width: 30px; height: 30px;" type="text"/>

(for BIA only)

Height: Ft. . In.
(in Feet & Inches, to nearest 0.5 in.)

BIA Body Fat % .
(to nearest 0.1)

<http://www.nwcaonline.com/Weight Management/OPC/Login>
 /Assessors/Select School-enter school password/Assessors/Initial Assessment -or- Appeal/



NSAA Wrestling Weight Assessment Data Recording Form



(PRINT)

Age:

Alpha Date:

First Name MI Last Name

School _____ Test Site _____
 Grade: 9 10 11 12 Gender: Male Female
(circle)

Urine Specific Gravity: PASSED FAILED

Alpha Body Weight: .
(in LBS., to nearest 0.1)

Skin Fold Measures: (use Rt. side of body)

	Trial 1	Trial 2	Trial 3
Tricep <small>(vertical fold; elbow 90°, midway between lat. acromion & inf. margin olecranon)</small>	<input style="width: 30px; height: 30px;" type="text"/>	<input style="width: 30px; height: 30px;" type="text"/>	<input style="width: 30px; height: 30px;" type="text"/>
Scapular <small>(diagonal fold; up & in, just below inferior angle)</small>	<input style="width: 30px; height: 30px;" type="text"/>	<input style="width: 30px; height: 30px;" type="text"/>	<input style="width: 30px; height: 30px;" type="text"/>
Abdominal <small>(vertical fold; 1" over and 1/2" below navel))</small>	<input style="width: 30px; height: 30px;" type="text"/>	<input style="width: 30px; height: 30px;" type="text"/>	<input style="width: 30px; height: 30px;" type="text"/>

(for BIA only)

Height: Ft. . In.
(in Feet & Inches, to nearest 0.5 in.)

BIA Body Fat % .
(to nearest 0.1)

<http://www.nwcaonline.com/Weight Management/OPC/Login>
 /Assessors/Select School-enter school password/Assessors/Initial Assessment -or- Appeal/