



## HOW TO PASS THE WRESTLING HYDRATION ASSESSMENT

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

### Two days before hydration and body composition assessing:

**DRINK AT LEAST 8-10, 8 OUNCE GLASSES OF FLUIDS DURING THE DAY.** (Remember, water has no calories.)

- Drink an additional 16 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 and 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)
- 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 assessing:

**CONTINUE DRINKING PLENTY OF WATER.**

- You should be urinating several times during the day and your urine should be clear.
- Drink an additional 16 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 and coffee.
- Avoid eating foods high in chocolate. Eat smaller meals, but eat more frequently, if necessary. Continue to eat foods high in fiber.
- **AVOID FOODS HIGH IN FAT AND SALT!**
- Urine should be clear to indicate you are fully hydrated.

### The day of hydration and body composition assessing:

**Early morning assessing: DO NOT EXERCISE BEFORE THE ASSESSMENT. DRINK WATER WHEN YOU FIRST GET OUT OF BED**

- Do NOT urinate until you arrive at the assessment site and provide a urine sample
- Do NOT eat until after the test

**Late morning, or afternoon, assessing: DO NOT EXERCISE FOR SEVERAL HOURS BEFORE THE ASSESSMENT.**

**Continue to drink plenty of water throughout the day**

- 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.