

EXECUTIVE SUMMARY
COACHES REFERNCE

IMPLEMENTATION

1. MINIMUM WEIGHT CERTIFICATION: The baseline weight and body fat measurements are performed during a five week period beginning two weeks prior to the first VHSL allowed spring practice day and three weeks after the VHSL imposed official first day of practice. For rowers coming out for the team late, for whatever reason, s/he must be tested within one week of starting practice and/or conditioning or before s/he is allowed to compete in a competition. His or her name will need to appear on the Coach-Official Team Report before participation will be allowed. The earlier the measurements are completed, the more time the rower will have to safely reach their desired weight within the guidelines of the program. These results (VHSL Coach-Official Team Reports) should be maintained by the VHSL Certified Measurer and distributed to the school's coach, athletic administrator. All reports should be distributed within 3 days of completing the measurements.

2. CERTIFIED MEASURERS: Only VHSL Certified Measurers and Regional Master Testers may perform measurements and provide Coach-Official Team Reports. Health professionals with degrees as listed below are eligible to become official certified measurers upon completion of a VHSL sponsored educational workshop, documentation of experience by performing a minimum number of skin tests and urine specific gravity tests, and passing an examination on the program. Periodic re-certification of these measurers will be required. Criteria to become a certified VHSL Measurer are as follows:

- Have a medically related professional degree (MD, DO, DC, RN, LPN, NP, PT, RD, ATC, PA). Exceptions will be evaluated on a case-by-case basis where such qualified professionals are not available. For example, an EMT, based on the individual's education and experience would be considered.
- Have a current professional license/ certificate and be in good standing with your professional governing body
- Have attended, at minimum, one of the VHSL Certified Measurer official workshops
- Have attended a refresher workshop if your last one attended was prior to January 2002
- Have submitted to VHSL office the "Documentation of experience" Form
- Have successfully completed the "Certified Measurers' Examination"
- Must follow protocols set forth by the VHSL Weight Control Program and maintain certification standards

3. INSTRUMENTS USED FOR MEASURING SKIN FOLDS: Lange calipers or equivalent precision instruments. There are many instruments for measuring body fat. Underwater hydrostatic weighing is the gold standard. However, it is not readily accessible, is time intensive, and also cost prohibitive to conduct this type of testing on multiple wrestlers. Dual Energy X-ray Absorptiometry (DEXA), Bioimpedance instruments (Tanita), near-infrared photospectrometry (Futrex) , computerized calipers (Skyndex), air displacement (Bodpod), CT Scan, etc are also available, however are expensive and standardized only for adults, and therefore may not be used to determine body fat in this program. Precision calipers using the Lohman-Brozek formula and certified measurers have been shown to have the highest level of accuracy, greatest intra-tester reliability, and are reasonably priced.

4. SCALE CERTIFICATION: Scale certification is strongly recommended but has not been enforced because of problems with scale certification since the State Weights and Measures Division no longer visits schools to do this.

- Recommended that scales purchased for wrestling (digital platform) be used

5. MONITORING WEIGHT:

- The goal of this program is to allow for healthy gradual weight loss in those individuals who have body fat to lose and a desire to achieve a lower weight. Such weight loss can be accomplished most successfully if there is monitoring of progress along the way.
- The program will formulate a weight loss schedule indicating 1.5% of the baseline weight loss per week.
- The responsibility for monitoring this weight loss falls to coach, rower, and family. At anytime a coach or parent suspects a rower is not following the program and finds him or her to be out of line from where s/he should be, a recalculation should be done to change target dates.
- With the baseline weight and date provided, along with the number of pounds recommended loss per week, the athlete, parents and coach should estimate their target weight each week depending on the overall amount of weight the athlete is scheduled to lose. Understanding that body weight fluctuates daily depending on the time of day and time since the last meal, etc, it is recommended that this target weight be a steady progression of weight loss reflective of fat loss, not fluctuations in hydration.
- The Coach-Official Team Report will have two defining sets of numbers for each player:
 - The lowest weight allowed (Minimum Weight)- No rower is eligible to compete at a lower weight, at any time.
 - The weight eligibility on a given date - Based on 1.5% weight loss per week allowed by this plan, the minimum weight permitted for a given week will be entered into the team sheet.

The administrator or the official doing the weigh-ins will need to consult the Coach-Official Team Report sheet to see if the athlete is within the allowable weight for the time of the event.

6. **COMPETITION AND WEIGH-IN REQUIREMENTS:**

- Crew WCP Coach-Official Team Report will be required at each competition and weigh-in for reference and validation of a rower's allowable competitive weight.
- The weigh-in administrator and/or official should verify the athlete's ability to row at a given weight based on the Crew WCP Coach-Official Team Report.
- If the appropriateness of a rower's weight class is challenged, the match administrator and/or referee will determine eligibility to row at that weight based on Coach-Official Team Report.
- If the coach does not have the appropriate paperwork, the athletes **cannot** compete in any **lightweight** events on that day. However, the athletes may be eligible to compete in a non-lightweight event on that day only with approval from the organizer/officials.
- No MD, parent, coach, ATC, Certified Measurer, or administrator can overrule the Coach-Official Team Report results to allow participation at a lower weight. See appeals within this manual.
- All athletes are required to weigh-in wearing their competition uniform (typically a unisuit)
- Athletes are required to weigh-in as a boat (including possible alternates) with all members of the boat weighing in as a group. The boat weigh-in should not exceed ten minutes.
- Weigh-in procedures are to be conducted in a 2 hour block determined by the site director
- Athletes who fail to make weight are permitted to re-weigh immediately after all other teammates have attempted to weigh in. Each athlete is allowed two attempts to weigh in.
- At anytime the use of sweat boxes; hot showers; whirlpools; rubber, vinyl and plastic-type suits; or similar artificial heating devices; diuretics; or other methods for quick weight reduction purposes is prohibited and shall disqualify an individual from competition.

WEIGHT LOSS SCHEDULE VIOLATIONS

Procedures to follow to determine an athlete's eligibility to compete if weight loss from previous week (or weeks) exceeds the recommended 1.5% body weight loss per week value. There must be an official weight sheet from a competition for this rule to apply.

Five pound allowance

A five-pound allowance will be assigned to the maximum weight allowed beginning with the first regatta, and continue through the fifth week from the championship. The allowance will be reduced by one pound per week until the championship race.

Male	150.0 maximum
Female	130.0 maximum

Weigh-ins will begin with the first regular season regatta. The maximum weight allowed for each rower is as follows:

Weeks Prior to VSRC/NCC	Male Maximum Wt. (lbs)	Female Maximum Wt. (lbs)
5 or more	155.0	135.0
4	154.0	134.0
3	153.0	133.0
2	152.0	132.0
1	151.0	131.0
Championship	150.0	130.0

Buffer Zone

The buffer is an added allowance to the weight loss possible to compensate for minor fluctuations in scale accuracy and to prevent penalizing the athlete for minor body weight fluctuations. The buffer applies only to the minimum allowable weigh-in weight.

Example:

If an athlete weighs in at a competition at a weight that exceeds the amount of weight loss per week allowed from a previous weight recorded at an official weigh-in, the following "BUFFER ZONE" has been established to offer some flexibility for minor infractions without penalizing the athlete. A "BUFFER ZONE" was created that allows between a minimum of 0.5 pounds and a maximum of 0.9 pounds buffer for that weigh-in. Therefore, a rower who is permitted to lose 1.3 pounds per week as indicated on the Coach-Official Team Report which results in a target weight of 135.2 for that week, the athlete would still be eligible to compete in a lightweight boat weighing in as low as 134.8 (.5 minimal buffer). The WCP allows 1.3 pound loss for the next week which would limit the weight for the next weeks weigh-in at 133.5, but the buffer would allow the rower to be eligible if the weight in as low as 133.0.

If the athlete weighs in at a weight LESS THAN their minimum allowed (previous week weight minus allowable weight determined by the Coach-Official Team Report), AND the Buffer Zone, the athlete is not permitted to compete on that day. No competition in any event for that day.

CREW COACHES QUICK GUIDE

- Identify the rowers that you believe could potentially row in a lightweight boat
- Contact a VHSL certified measurer to discuss an appropriate time to meet and test
- Educate the lightweight rowers and parents about how to prepare for the test and staying hydrated at least 3 days prior to testing (use forms in packet)
- Set a date and time for body fat testing (within 4 week period from Feb 18th to March 15th)
- Help certified measurer with testing procedure (keep line moving, monitoring athletes, etc.)
- Look over results with certified measurer and clarify any questions or need for hydration re-testing or an appeal
- Arrange for any athletes who join the team late to be tested with a certified measurer within 10 days from the day they join the team
- Keep the Coach-Official Team Report in a safe place and make copies for assistants and extras to bring to races
- Monitor athletes weight, weight loss, and weight loss practices at least once a week and refer to the Coach-Official Team Report to make sure they are at an appropriate weight
- Bring the Coach-Official Team Report and Weigh-in sheets to all races!!!!!!!!!!
(if there is no COTR the athletes cannot compete in a lightweight event on that day, NO EXCEPTIONS)
- Crew WCP Coach-Official Team Report, Official Weigh-in sheet and all previous weight in sheets will be required at each competition and weigh-in for reference and validation of a rower's allowable competitive weight

Refer any athletes who show signs of excessive weight loss, unhealthy weight loss practices or difficulty achieving their target weight to the athletic training staff or other health care professional

Hydration Tip Sheet

Rowers:

The following are tips that will help rowers report to body fat testing properly hydrated. Please do not take nutritional supplements for one week prior to testing date (unless under specific direction from physician).

Two days prior to test day:

- **Drink plenty of fluids throughout the day, (Water has no calories). Athletes should be drinking at least 8-10 glasses of water during the day**
- **Increase intake of foods high in fiber- this will help with removal of excess GI content from body. (salad, cereal with skim milk, vegetables, fruits, etc are examples of foods high in fiber)**
- **Eat smaller, more frequent meals**
- **AVOID foods high in fat (fried foods, meat, french fries, pizza, nuts, salad dressings, etc.)**
- **AVOID salty foods (potato chips, pretzels, pizza, tuna, crackers, soft drinks, sports drinks)**
- **Be sure that you eat and drink. Do not dehydrate! Do not starve!**

One day before test:

- **Continue drinking fluids, you should be urinating on a frequent basis. Urine should be clear if you are fully hydrated**
- **Eat smaller, but more frequent meals. Continue eating fibrous foods, to minimize GI content from body**
- **Fatty foods / snacks will stay in your body – STAY AWAY**
- **Drink 16 ounces of fluid replacement beverage (Gatorade, Powerade)**

Day of test:

- **Eat small portions, eat a very light lunch (if afternoon testing)**
- **Eat lighter foods such as fruit, grains, etc.**
- **Continue to drink water**
- **Do not drink salty drinks such as Sodas**
- **Urinate as frequently as possible throughout the day until one-two hours prior to test time**
- **Use the bathroom (defecate) before the test**
- **Please be ready to urinate for hydration testing**

