



Oregon School Activities Association
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October 13, 2018

To: Athletic Directors and Head Wrestling Coaches

From: Brad Garrett, Assistant Executive Director

Subject: Important Information – Oregon Wrestling Weight Monitoring Program (OWWMP)

Below are important reminders for all schools participating in Wrestling during the 2016-17 year. Reviewing this information will help to avoid potential problems as we approach the beginning of the season.

1. **CERTIFICATION OF WEIGH-IN SCALES:** Any scale that will be used for the purpose of weighing in wrestlers for OSAA sanctioned events must be tested and calibrated prior to use. The scale should have a sticker designating the date it was serviced. Scales that have been tested and calibrated more than 6 months ago should be re-tested.
2. **PROGRAM WEBPAGE:** The OWWMP webpage has been updated and is available to all schools at <http://www.osaa.org/activities/wre/information/owwmp>. General program information, school requirements for conducting home site assessments, all related program forms, sports medicine and nutrition information for coaches and wrestlers, and prior year's program data are available there.
3. **HYDRATION TESTING SUPPLIES:** Schools may order hydration assessment supplies through the OSAA website using PayPal or by submitting an Assessment Supply Order Form to the OSAA office. Minimum purchase quantities are 100 cups and 1 bottle of reagent strips (100 count). A shipping charge will be added to each minimum purchase. The OSAA will accept school purchase orders for purposes of payment for supplies that are ordered. Please submit orders at least 1 week prior to your assessment date. Order form is available on the OSAA website at <http://www.osaa.org/activities/wre/information/owwmp> under the "Supplies" tab.
4. **TANITA BIA SCALE SUPPLIES:** Schools should consider ordering additional thermal tape for their BIA scale. You can access the form at <http://www.osaa.org/activities/wre/information/owwmp> under the "Supplies" tab.
5. **OPTIMAL PERFORMANCE CALCULATOR CODES AND PASSWORDS:** Trackwrestling has distributed login and password information to all schools. Schools will access all program data (assessments, season long weight loss plans, and alpha master) for all wrestlers on their team using the NWCA Optimal Performance Calculator powered by TrackWrestling located at <http://www.trackwrestling.com>.

To learn more about the integration of the NWCA Optimal Performance Calculator and TrackWrestling all coaches and athletic directors should view the overview video posted at this link - <http://www.osaa.org/activities/wre/information/owwmp>

6. **OSAA CERTIFIED BIA ASSESSOR CONTACT LIST:** An updated listing of OSAA Certified BIA Assessors for 2018-19 will be posted to the OWWMP webpage by Monday, October 29. This list will be updated each week and includes contact information to arrange for a home site assessment. Only those individuals whose name appears on this list are eligible to conduct BIA assessments within the Oregon Wrestling Weight Monitoring Program.