

## NSAA Wrestling Weight Assessment Data Recording Form



	Alpha Date:
First Name MI Last Name	,
School Test Site  Grade: 9 10 11 12 Gender: ☐ Male ☐ Female  (circle)	
Urine Specific Gravity:	Alpha Body Weight: (In LBS., to nearest 0.1)
Skin Fold Measures: (use Rt. side of body)	
Trial 1 Trial 2 Trial 3  Tricep  (vertlcal fold; elbow 90°, mldway between lat. acromion & inf. margin olecranon)	(for BIA only)  Height: Ft. In. (in Feet & Inches, to nearest 0.5 in.)
Scapular (diagonal fold; up & in, just below inferior angle )	BIA Body Fat % (to nearest 0.1)
Abdominal (vertical fold; 1" over and 1/2" below navel))	
NSAA Wrestling Weig  Data Recordin	
(ODINIT)	
(PRINT) Age:	Alpha Date:
Age:	
Age:	
First Name MI Last Name  School Test Site  Grade: 9 10 11 12 Gender:  Male Female	Alpha Date:
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