



## WEIGHT MANAGEMENT

# We Don't Have to Reinvent the Wheel

By Jack Holloway

**A**s many of you are aware the National Federation of State High School Athletic Associations (NFHS) is strongly recommending that all state associations

adopt a comprehensive weight management program for their wrestling teams, prior to the start of the 2003-2004 or 2004-2005 season. The NFHS recommendation will indicate that whatever program each

state adopts should contain three essential components:

*•In order to prevent excessive weight loss, there should be a minimum weight determination for each wrestler based on 7 % body fat for*