



Weight Loss Concerns with Athletes

You have two wrestlers who attend the first "non-mandatory completely voluntary" pre-season high school practice weighing about the same, with the senior wrestler weighing approximately 3-4% more than the sophomore. They are

both clearly varsity material and ideally, they would fill the two weight classes below their current weight. In fact, if they do not fill those weight classes, your entire line-up will be adversely affected. It is apparent that the lighter wrestler is still growing and the senior has pretty much

reached his adult height. In addition, a quick glance tells you that the senior has a little more to lose but two weight classes down is still a long way for him. So, what are your options?

Of course, the simple way to go is to just tell the senior to make the weight. You