



## Weight Management: We don't have to reinvent the wheel

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**T**he 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 2005-2006 season.

The National Wrestling Coaches Association (NWCA) stands ready to help state associations that are looking for a turnkey program that maximizes the administrative efficiencies associated with

implementation of this program.

Over the last five years, the NWCA, in collaboration with the NCAA, NFHS, and various state high school associations, has developed the NWCA Optimal Performance Calculator Program. This