



To: Athletic Directors and Wrestling Coaches (grades 7-12)

Date: September 5, 2019

RE: Wrestling Weight Certifications at OSS HEALTH

The purpose of the combined weight certification is to have a uniform certification process and to help member schools complete their assessments in a timely fashion. The assessment will take place on **Sunday, November 3, 2019 from 5:00 PM until 6:30PM** at OSS Health located at 1855 Powder Mill Road York, PA 17402. There will be no cost to the athletes. Please also note that coaching staff will not be permitted into the testing area beyond the waiting room. Any failures or information will be given by your Athletic Trainer after the screenings are completed.

We ask that all wrestlers, parents, and coaches **enter through the main clinic entrance and NOT through our Urgent Care**. You will see yellow enter here signs at the main entrance area. Student-Athletes are not allowed into the facility until the doors open at 5:00 PM. Please help us by reminding your wrestlers and coaches to respect the facilities and not disrupt our Urgent Care services.

We ask that at least one coaching staff member from each school district please help with registration of the wrestlers each night in the lobby area. If possible please have this ready prior to arrival. This process has streamlined the registration and speed that we can process the wrestlers. Please notify your Athletic Trainer who will be present from your school district by November 1, 2019. This is an important part of the process as we have not received participation from all schools. Please keep your Athletic Trainer up to date with any staffing changes. Please have wrestling staff report by 4:45pm to the lobby of OSS Health.

Due to the importance of having a fully hydrated body in order to pass the urinalysis and be certified, wrestlers need to follow the enclosed directions. If they still have questions, they should be directed to their Athletic Trainer. If a wrestler does not pass testing, retesting will be arranged with your Athletic Trainer at your school. You may not retest on the same day that you fail the test, it is required to wait a minimum of 24 hours. We appreciate your continued support of this event.

If you have any questions concerning this combined effort, please contact Krysta Sensbach-Gassert at (609) 284-4172 or by email [ksensbach@osshealth.com](mailto:ksensbach@osshealth.com) for more information.

Best in health,

A handwritten signature in black ink, appearing to read "KS", with a stylized flourish at the end.

Krysta Sensbach-Gassert, MBA, MEd, LAT, ATC  
Lead Athletic Trainer  
OSS Health

# **NWCA WEIGHT CERTIFICATION PREPARATION GUIDELINES**

- 1. No vigorous activity on the evening before and the day of the testing.**
- 2. Avoid any caffeinated beverages on the day before and the day of testing.**
- 3. On the day of testing drink 500ml. (17oz.) of fluid (a sports drink is an excellent choice)**
- 4. Avoid any vitamin or mineral supplements two days before and the day of testing.**
- 5. Be awake three hours prior to testing.**
- 6. Do not eat two hours prior to testing.**
- 7. Drink 2-4 cups of water in a 1-2 hour period immediately preceding the test.**