**What is Weight Certification?**

**Objective:**

**To establish a minimum weight class that a student athlete is allowed to wrestle based upon current body fat. This is not the weight class that a student has to wrestle during the season. It is only the minimum safe weight allowed.**

**Who Performs the Testing?**

**Certified Athletic Trainers**

**Where?**

**O.S.S. on Powder Mill Road York, Pa**

**Two Part Procedure:**

1. **Urinalysis to determine if athlete is hydrated.**
2. **If the athlete is hydrated, they will have a body fat analysis performed using the skin fold method.**

**General Information:** 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. These assessments will take place on **Sunday, October 27, 2013 from 6:00 PM until 8:00 PM and on Sunday, November 3, 2013 from 6:00 PM** until 7:00 PM at OSS Health located at 1855 Powder Mill Road. As we do each year, 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 (UC). In past years students have arrived well in advance of the start time and have disrupted UC. We must insist that students are not allowed into the facility until the doors open at 6:00 PM each day. Please help us by reminding your wrestlers and coaches to respect the facilities.