



NEBRASKA SCHOOL ACTIVITIES ASSOCIATION

# NSAA Wrestling Alpha Weight Assessment Data Recording Form



NEBRASKA SCHOOL ACTIVITIES ASSOCIATION

(PRINT)

Age:

Alpha Date:

First Name MI Last Name

School

Grade: 9 10 11 12 Gender:  Male  Female  
(circle)

Urine Specific Gravity:  PASS  FAILED Initialed: \_\_\_\_\_

Test Site

Alpha Body Weight:  . \_\_\_\_\_  
(in LBS., to nearest 0.1) Initialed

**Skin Fold Measures:** (use Rt. side of body) Initialed \_\_\_\_\_

	TEST 1	TEST 2	TEST 3
<b>Tricep</b> (vertical fold)	<input type="text"/>	<input type="text"/>	<input type="text"/>
<b>Scapular</b> (diagonal fold -up & in: \)	<input type="text"/>	<input type="text"/>	<input type="text"/>
<b>Abdominal</b> (vertical fold)	<input type="text"/>	<input type="text"/>	<input type="text"/>

(for BIA only)

Height:  Ft.  .  In. \_\_\_\_\_  
(in Feet & Inches, to nearest 0.5 in.) Initialed

BIA Body Fat %  . \_\_\_\_\_  
(to nearest 0.1) Initialed

[www.nwcaonline.com/Weight Management/Optimal Performance Calculator/Scholastic/Login/](http://www.nwcaonline.com/Weight Management/Optimal Performance Calculator/Scholastic/Login/)  
/Assessors/High School Initial Assessment -or- High School Appeal/ [select & enter school password]



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