



## NSAA Wrestling Weight Assessment Data Recording Form



(PRINT)

Age:

Alpha Date:

First Name                      MI                      Last Name

School

Test Site

Grade: 9 10 11 12  
(circle)

Gender:  Male  Female

Urine Specific Gravity:  PASSED  FAILED

Alpha Body Weight:

(In LBS., to nearest 0.1)

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

	Trial 1	Trial 2	Trial 3
<b>Tricep</b> <small>(vertical fold; elbow 90°, midway between lat. acromion &amp; inf. margin olecranon)</small>	<input style="width: 30px; height: 30px;" type="text"/>	<input style="width: 30px; height: 30px;" type="text"/>	<input style="width: 30px; height: 30px;" type="text"/>
<b>Scapular</b> <small>(diagonal fold; up &amp; in, just below inferior angle)</small>	<input style="width: 30px; height: 30px;" type="text"/>	<input style="width: 30px; height: 30px;" type="text"/>	<input style="width: 30px; height: 30px;" type="text"/>
<b>Abdominal</b> <small>(vertical fold; 1" over and 1/2" below navel)</small>	<input style="width: 30px; height: 30px;" type="text"/>	<input style="width: 30px; height: 30px;" type="text"/>	<input style="width: 30px; height: 30px;" type="text"/>

(for BIA only)

Height:

Ft.	.	In.
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(In Feet & Inches, to nearest 0.5 in.)

BIA Body Fat %

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(to nearest 0.1)



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