

HYDRATION:

Passing the hydration test is the first step in the Regional Assessment. Wrestlers who are not hydrated may not step on the scale. Their test is halted if they are not hydrated. They must either hydrate on the spot or return to be re-tested.

HOW IS HYDRATION TESTED?

In prior years, your assessor used a strip that changed color when the urine was tested. The assessor could use their “opinion” to determine the color of the strip and let the wrestler continue the certification process if they decided the color was acceptable. This year, the assessor’s opinion has no bearing whatsoever. A machine called a digital refractometer will be used. The urine is placed on the machine, the machine displays a number, if the number is within a certain range, the wrestler is not hydrated and cannot continue. Your assessors cannot give your wrestler the “benefit of the doubt” this year. It is clear cut if they can continue.

TIPS ON BEING HYDRATED:

At trial tests last year around the state: Some schools that showed up with 35 kids: had 33 out of 35 wrestlers hydrated, while others had only 2 out of 35. The difference was directly related to the education the wrestlers on each team received. Coaches must tell their wrestlers how to be hydrated. When a wrestler is hydrated, their urine is basically almost clear. If it is a dark brown or deep yellow, they will not pass the test.

- The urine being tested should not be the first or second urine the wrestler has produced that day.
- Caffeine makes you dehydrated. Do not consume: soda, coffee, tea, chocolate, “Red Bull” or any other sources of caffeine at least 48 hours prior to being tested.
- You may want to stop vitamin intake 48 hours prior to your test.
- Wrestlers in the upper weights tend to be dehydrated. The “fat” kids are not looking to cut from 230 to 160 lbs. Many of them are looking to stay right at 215, but even if they don’t want to be certified at the lower weights, they will still be rejected from the test if they are not hydrated.
- Wrestlers should drink lots of water the day of the test. This is obviously a “Catch 22”. They want to weigh as little as possible, but they must be hydrated. They will not necessarily hydrate by chugging a half gallon (4 pounds worth) of water prior to being tested. They would be better off drinking small cups (8 oz-half pound) cups of water, every hour or so throughout the day they are being tested and urinate as necessary. Each time they urinate the urine should become lighter (which is more hydrated).

CHEATERS:

Wrestlers who are desperate to get to a certified weight class, who know they can’t do it while being hydrated, may attempt to cheat. They could add water to their urine sample, they could smuggle a vile of clear urine into the testing area. The test will require them to individually go into a stall, wearing only their underwear, carrying a cup. Their urine will be tested immediately as they exit the stall.

Please emphasize that if they are caught cheating: **they are prohibited from wrestling for the entire year.** One wrestler in the state has already been caught and has been deemed ineligible by the NYSPHSAA. Signs will be posted at each site indicating the penalty.