



# Franklin High School Saber Wrestling

- 1) Obligations: Turn in all paperwork and fees to Athletic Office. These MUST be done by the first practice.
- 2) WIAA Skin Fold Test and Hydration Test—Report to the test at the weight you want to compete.  
**Bodyfat Test scheduled tentatively for Wednesday, Oct. 31<sup>st</sup> and Wednesday Nov. 7<sup>th</sup> at 2:30 pm.**  
**\*\*\*\*You must be at one of these, adjust your schedule.\*\*\*\***
- 3) Appearance and hygiene—Make your statement by how you wrestle and how you act, not by how you look. We must follow WIAA Rules.
  1. Hair cut above collar and ear and eyebrow, no body piercing, keep nails trimmed and stay clean-shaven. Take care of business BEFORE you show up to a competition!!!
  2. Shower BEFORE you go home using the sport specific disinfectant soap provided.
  3. Change clothes after showering—do not wear practice clothes home.
  4. Put workout clothes in a plastic bag before you put them in your duffle bag.
  5. Launder your equipment on the following schedule:
    - a. Wash workout clothes DAILY.
    - b. Wash knee pads TWO TO THREE TIMES PER WEEK—they should NOT stink! (Washer and dryer.)
    - c. Wash duffle bag, headgear, and wrestling shoes WEEKLY—best time is Saturday night so they can dry on Sunday. Shoes and headgear can go in the washer but should air dry (no dryer).

\*\*\*\*These issues can lead to skin diseases—this is a major concern.\*\*\*\*
- 4) First practice is **Monday Nov. 18<sup>th</sup>**. Practices typically start at 3:20 and go until 5:45 pm.
  1. Bring your homework with you to practice.
  2. We will have a rotating schedule for mat cleaning which will be done right after school. Get this done early so the mats will be dry for warm-up. If you can't make it for mopping mats on your day it is your responsibility for finding a replacement for that day. Supplies will be kept in the wrestling room.
  3. Be ready for warm-up at 3:20pm.
- 5) Transportation Release Form: Keep one at home. Must be filled out if you do not ride the bus home, we encourage the wrestlers to take the bus with their teammates.

Head Coach - Devoll Sino

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# Bodyfat Test Information

**Bodyfat Test scheduled tentatively for Wednesday, Oct. 31<sup>st</sup> and Wednesday Nov. 7<sup>th</sup> at 2:30 pm**

You should report to this test at or near the weight at which you want to compete if possible.

Bring a pair of gym shorts. The tester could be a female.

Remember this is required by the WIAA and must be completed before you compete.

Reasons why we have the program:

- Prevent unsafe weight loss
- Promote fair competition.

A few items about the test:

No cost to you, but the school must pay.

What happens:

Hydration Test

Procedures.

Urine analysis is to test for hydration only—nothing else.

If you fail you must wait 48 hours before next possible test

Bodyfat Test (skinfold)

Procedures.

How to be hydrated for the test:

1. Drink only water the day of the test. Drink a bottle of water at breakfast, another at lunch and a third bottle of water throughout the day on the day of the test.
2. NO chocolate 24 hours
3. NO workouts 24 hours
4. NO caffeine 24 hours
5. NO salty/sugary foods the day of test, no chips, no juice, no soups...