

# Skinfold Procedural Tips from A Pro

*Skinfolding Need Not Be A Hassle*

By Steve Nass

I've been skinfolding Wisconsin wrestlers since the beginning of the project, and I had the most pleasurable organizational experience at one school in recent years. I would like to pass this model onto other wrestling coaches (and measurers) in hopes that they might do a little advance planning in order for the measurement process to run smoothly.

At Luther Prep School in Watertown, the coach put the captains in charge. They contacted me for a date of service and I supplied them with a checklist of needed materials and personnel. They met with their fellow wrestlers a week before and discussed how to be hydrated such as cutting out caffeine, drinking water, and what the new kids should expect. When I arrived the captains had tables and chairs set up, pencils/pens ready, dipsticks out, cups available, the scale ready, the athletic director available to do the hydration test\* (much to their glee), assistant coach ready to do the weigh-ins, the head coach to record the folds and the forms pre-filled out with names and grades (broken down into a couple groups for fewer recording delays). All I needed to do was skinfold.

The captains went first then sat down next to me at another table and checked all the completed information twice for deletions or mistakes. We did 41 wrestlers in 55 minutes. I've been places where it took us an hour and a half to do 15 wrestlers almost always due to organizational malfunctions.

I feel this is an excellent model! It gives the captains a true responsibility to lead off the mat, and a good organizational experience for any student. I hope these captains go on to become coaches someday.

\* Now with the new log forms, a challenge will be to determine a procedure for ensuring that wrestlers do not get weighed and measured without first passing the hydration test. One method would be to mark the arm of those wrestlers who fail the hydration test with an X using a permanent marker (in addition to marking fail on the log form and crossing out the wrestler's name) so the measurer knows not to weigh and measure those individuals.