

# Pilot Weight Program

By Robert McPhee

**T**he question of weight loss has always been an issue through out the wrestling community and the general public. The major issue has centered-around the health of each individual who endures the pros and cons of losing weight. A weight management program is being used this season and it's drawing favorable reviews.

The wrestling committee has started a

pilot program, with 20 teams, that test and record the weights, body fat and hydration level of each individual. The objective is to address any flaws or draw backs in the system. The program will become mandatory for every Maine high school wrestling team, beginning in the 2005-06 season.

"The problem has existed for a long time," according to Marty Ryan, chairman of the wrestling committee. "We don't

believe it's being abused totally, but there's been a lack of education on the weight issue. The weight management program is to provide proper nutrition. The pilot program was created this season, so we can address any questions or concerns."

Each wrestler was measured, using a Skndex or skin-fold, to determine their body fat, on the first day of practice. The Alpha (initial) weigh-ins show the