



**Montgomery County Public Schools**  
**Wrestling Weight Certification**  
**HYDRATION TIP SHEET**

**WRESTLERS**

The following information includes tips that will help you report to the weight certification properly hydrated. Remember: the clearer your urine is the better chance you will properly hydrated.

**THREE-FOUR DAYS before the weight certification:**

- Drink plenty of fluids throughout the day (water has no calories). Athletes should be drinking at least 8-10 glass of water each day.
- Increase intake of foods high in fiber (such as salad, cereal, vegetables, and fruits). This will help with removal of excess waste from body.
- Eat smaller, more frequent meals.
- AVOID foods high in fat (such as fried foods, meat, french fries, pizza, nuts, salad dressings).
- AVOID salty foods (such as potato chips, pretzels, pizza, tuna, crackers, soft drinks, sports drinks).
- Be sure that you eat and drink, do not dehydrate!!!

**ONE DAY before the weight certification:**

- Continue drinking fluids, you should be urinating on a frequent basis. Urine should be colorless if you are fully hydrated.
- Eat smaller, but more frequent meals. Continue to eat fibrous food, to eliminate excess waste from body.
- STAY AWAY from fatty foods and snacks that will remain in your body for a longer period of time.
- Do not drink “dark” drinks (Coke, Pepsi, etc.). Drink clear liquids (water, Sprite, etc.)

**DAY of weight certification:**

- Eat small portions and eat a very light lunch (if afternoon testing).
- Eat light foods (such as fruit and grains).
- Continue to drink water (stay clear of coffee, and “dark-colored” drinks).
- Do not drink salty drinks (such as sodas, Gatorade, or PowerAde). This may cause you to retain fluid.
- Urinate as frequently as possible through the day until one to two hours prior to your weight certification time.
- Please be ready to urinate for the hydration test.

