***Westminster H.S. Wrestling***

1225 Washington Rd.
Westminster, MD 21157

410-751-3630



Dear Medical Professional;

The state of Maryland and Carroll County Public Schools has in place a system of certification for one of 14 weight classes ranging from 106 lbs. to 275 lbs. for interscholastic wrestling. That process measures specific gravity for hydration in a urine test as well as testing body composition with a bioelectric impedance scale, and is conducted by the CCPS Director of Athletics. MPSSAA rules prohibit any wrestler from dropping below 7% body fat—unless they are there naturally-- or losing more than 1.5% of a wrestler’s body weight per week, locking him into whatever weight class falls within a 7-week period over the first half of the season. There are two scenarios under this system in which athletes might require a signature from their own doctor.

This letter accompanies one of two forms: (wrestler should circle one)

1. **EITHER -- This wrestler’s natural body fat falls below 7% naturally---and his/her physician is to sign the form to verify that.** The wrestler will not drop below his natural weight class at this percentage of body fat, and your signature assures that it is safe for him to compete at his natural weight class “as is.” *(e.g.--wrestler weighs 131 @ 6% body fat—would compete at the 132 lbs. weight class).*
2. **OR -- This wrestler’s certification weight falls within 2% of the next lowest weight class, and he/she would like you to verify that it is safe for him / her to do so**. This is not the weight class that the wrestler necessarily must or will go—simply that his / her certification fell close to, but not under a certain number, and the wrestler would like the option to participate at the lower weight class.

**Wrestling weight classes: 106, 113, 120, 126, 132, 138, 145, 152, 160, 170, 182, 195, 220, 285.**

***Note\*--these weight classes raise by 2 lbs. as of Christmas…so they become 108, 115, 122, etc.***

Please also note—this athlete cannot compete without your signature and designation of a weight class. Please have him / her circle which option they’re approaching you for—and **please sign the accompanying document as soon as possible,** so that it may be returned to the CCPS Director of Athletics. If you would like further communication on this matter, please feel free to contact me.

Michael D. Flemming Jr.

Head Wrestling Coach

***Westminster H.S.***

***mdflemm@carrollk12.org***