



## Spring 2021 Hydration Tester and/or Skinfold Measurer Change

As wrestling season approaches, we will be updating the assessor information in the NWCA/Trackwrestling system. If your school's hydration and/or skinfold assessor is different from the 2019-20 season, please fill out the form below and return to the NCHSAA office by email (tra@nchsaa.org).

If you have any questions or concerns please feel free to contact Tra Waters at 919-240-7376 or tra@nchsaa.org.

School Name: \_\_\_\_\_ High School

Classification: \_\_\_\_\_

Person submitting form: \_\_\_\_\_  
Name Position

Contact phone # or email: \_\_\_\_\_

### Hydration/Skinfold Assessor:

Name: \_\_\_\_\_

Email: \_\_\_\_\_