



2013-14 Hydration Tester and/or Skinfold Measurer Change

As wrestling season approaches, we will be updating the assessor information in the NWCA OPC system. If your school's hydration and/or skinfold assessor is different from the 2013-14 season, please fill out the form below and return to the NCHSAA office by fax (919-240-7398) or email the information (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 Assessor:

Name: _____

Email: _____

Skinfold Assessor:

Name: _____

Email: _____