

2025-2026 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 2024-25 season, please fill out the form below and return it to the NCHSAA office by email (janna@nchsaa.org).

If you have any questions or concerns, please feel free to contact Janna Fonseca at 919-240-7404 or janna@nchsaa.org.

School Name: _____ High School

Classification: _____

Person submitting form: _____
Name Position

Contact phone # or email: _____

Hydration/Skinfold Assessor:

Name: _____

Email: _____

Phone Number: _____

****If your hydration/skinfold assessor is NOT a certified, licensed athletic trainer, please include the name of the LAT, ATC who performed the skill assessment of your school's assessor here:**
