

## 2026-2027 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 2025-26 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:**

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