



SCHOOL CHECK LIST

<input type="checkbox"/>	Reimburse CCS \$80 for NWCA registration (\$30) & Assessor Assistant (\$50)
<input type="checkbox"/>	Send out parental notification and permission slips
<input type="checkbox"/>	Collect and file signed parental permission slips for all wrestlers
<input type="checkbox"/>	Determine how you will pay for assessments--\$10 per wrestler—cash or school check ONLY
<input type="checkbox"/>	Schedule assessment with Assessor—use School Scheduling Form
<input type="checkbox"/>	Notify wrestlers of hydration tips and date and time of assessment, what to wear, what to expect.—See Appendix—Hydration Information
<input type="checkbox"/>	Arrange for all supplies and school personnel required to help with assessment
<input type="checkbox"/>	Provide wrestlers with Individual Profile form and have them complete prior to assessment
<input type="checkbox"/>	<ul style="list-style-type: none"> <li>➤ Arrive on time with school personnel to assist</li> <li>➤ Make sure wrestlers are dressed in shorts/t-shirt or singlet</li> <li>➤ Pay for assessment</li> <li>➤ Complete assessment</li> </ul>
<input type="checkbox"/>	72 hours after assessment check NWCA web site to confirm wrestlers' minimum weight has been certified prior to any competition. Print Alpha Report. MUST Carry <b>NWCA Pre-Match Weigh In Form</b> to ALL competitions with Coach
<input type="checkbox"/>	72 hours after assessment check NWCA web site to access & print wrestler's <b>Individual Weight Loss Plan</b>
<input type="checkbox"/>	Arrange for re-assessment for any remaining wrestlers, obtain Physician's clearance for any wrestlers as needed and arrange for any appeals.