



SCHOOL CHECK LIST

<input type="checkbox"/>	Reimburse CCS \$30 for NWCA registration
<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 wrestlers—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"/>	Complete assessment
<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 Alpha Report to ALL competitions with Coach
<input type="checkbox"/>	72 hours after assessment check NWCA web site to access & print wrestler's Individual Weight Loss Plan—carry with wrestler and present to weighmasters at EVERY competition
<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.