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REPORT FORM →**

TO: Athletic Directors, Wrestling Coaches
and Nutrition Liaisons

FROM: Bill Bupp, Assistant Director

RE: Nutrition Education--2003

DATE: September 12, 2003

It's nearing the time for the presentation of Nutrition Education information to wrestlers and their parents. As you know, skinfold assessment may begin on the second Monday before the first practice date of Nov. 17, 2003.

→ There will be regional **Nutrition Education Meetings for Coaches** the year 2003. Check our Web site for dates and locations.

In addition, we remind each school Nutrition Liaison that they are to file the Nutrition Liaison Report form on the reverse of this memo by December 8, 2003 to confirm that the required Nutrition Education Meeting was conducted. It is important that we monitor the program and ensure that wrestlers and their parents are receiving the education that the Representative Council believes is important.

In preparation for the upcoming season, please do the following:

1. Schedule the Nutrition Education Meeting. We recommend that there be no other topics on the agenda and that the meeting be held on a day when no practice is scheduled.
2. Invite the parents of wrestlers to be present for the program. Food purchase and meal preparation is controlled by parents, so it makes sense that they become partners in our effort to serve the needs of the athletes.
3. Try your best to make the program as interesting as possible for all involved. Many of you are very creative and will be able to make the material entertaining as well as informative.
4. Please advise the MHSAA of any difficulties you encounter with the material provided or any other aspect of the activity you experience. Your success is enhanced when the administration and coaching staff partner are involved in the presentation of the philosophy and program.
5. The United Dairy Industry of Michigan is no longer partnering with the MHSAA, but it is likely that you may be able to contact their office for some individual assistance if needed.

The MHSAA program is one of the weight management programs which has received attention across the nation because we have the Nutrition Education component. We sincerely appreciate the efforts being made by the countless volunteers who make up our corps of "Nutrition Liaisons" working to educate our athletes for today...and tomorrow.

Thanks for all you do!

OVER

NUTRITION EDUCATION REPORT 2003-2004

Annually the MHSAA Wrestling Weight Monitoring Program requires that member schools, which sponsor wrestling, shall provide a one-hour program of Nutrition Education for all wrestlers. Because parents purchase and prepare the food that wrestlers eat, they are key and should be included as guests at the Nutrition Education presentation.

Please schedule a Nutrition Education Meeting between November 3 and December 5, 2003, complete this report and return it to the MHSAA.

Type or print this report form and return it to the MHSAA by December 8, 2003.

SCHOOL _____ ID# _____

1. Date of Wrestling Nutrition Education Presentation: _____
2. Time of Presentation _____ a.m./p.m. through _____ a.m./p.m.
3. Number of wrestlers present. Males _____ Females _____
4. Number of parents present. Males _____ Females _____
5. Content presented:

6. Presenter: Name _____
 Title _____
 Address _____
 City _____ Zip _____
 Home Phone _____
 Business Phone _____

If additional presentations are required to reach 100% of the wrestlers, copy this form and submit additional reports.

RETURN TO: Sue Lohman, Admin. Assistant, MHSAA, 1661 Ramblewood Drive,
 East Lansing, MI 48823 or **FAX 517-332-4071**