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NutrWeb-Memo

TO: Athletic Directors/Head Wrestling Coaches
FROM: Bill Bupp
RE: Nutrition Education In-Service Locations
DATE: August 20, 2003

According to the MHSAA Weight Monitoring Program, head wrestling coaches are obligated to attend a Nutrition Education Program every three years. To accommodate this requirement the MHSAA is hosting ten (10) programs at various locations throughout the state during the fall.

Please, scroll to page 2 for the program nearest your school. There is no cost or registration required but, attendance will be taken at each site in order to track participation. Please confirm with the head wrestling coach for your school, that he is aware of the participation requirement and that a date to attend has been selected.

The presenter of the ten programs will be James Fast, who is a health educator, trainer, Skinfold Assessor Instructor and personal fitness expert. He has worked successfully with the athletic program at Eaton Rapids for several years.

Please plan ahead; add a Nutrition Education program date to your calendar today!

**Michigan High School Athletic Association, Inc.
1661 Ramblewood Drive
East Lansing, MI 48823**

**NUTRITION EDUCATION IN-SERVICE
2003 SCHEDULE**

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| 1. Sat. September 6 (9 a.m.) | Saginaw Swan Valley HS |
| 2. Sat. September 13 (9 a.m.) | East Kentwood HS |
| 3. Sat. September 27 (9 a.m.) | Cadillac HS |
| 4. Sun. September 28 (1 p.m.) | Bay City John Glenn HS |
| 5. Sun. October 5 (1 p.m.) | Gladstone HS |
| 6. Sat. October 11 (9 a.m.) | Sterling Heights Performing Arts
Center |
| 7. Sat. October 18 (9 a.m.) | Alma HS |
| 8. Sun. October 19 (1 p.m.) | Gaylord HS |
| 9. Wed. October 22 (7 p.m.) | Taylor Truman HS Little Theatre |
| 10. Sat. October 25 (9 a.m.) | Eaton Rapids HS |
| 11. Sat. November 8 (1 p.m.) | Kalamazoo-Comstock HS |