



## WRESTLING NUTRITION EDUCATION REPORT 2024-25

NT-Ed-Report

Annually the MHSAA Wrestling Weight Monitoring Program requires that member schools, which sponsor wrestling, shall provide a 30-60 minute 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 11 and December 20, 2024.  
Type or print this report form and return it to the MHSAA by December 20, 2024.**

CITY

SCHOOL NAME

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.

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