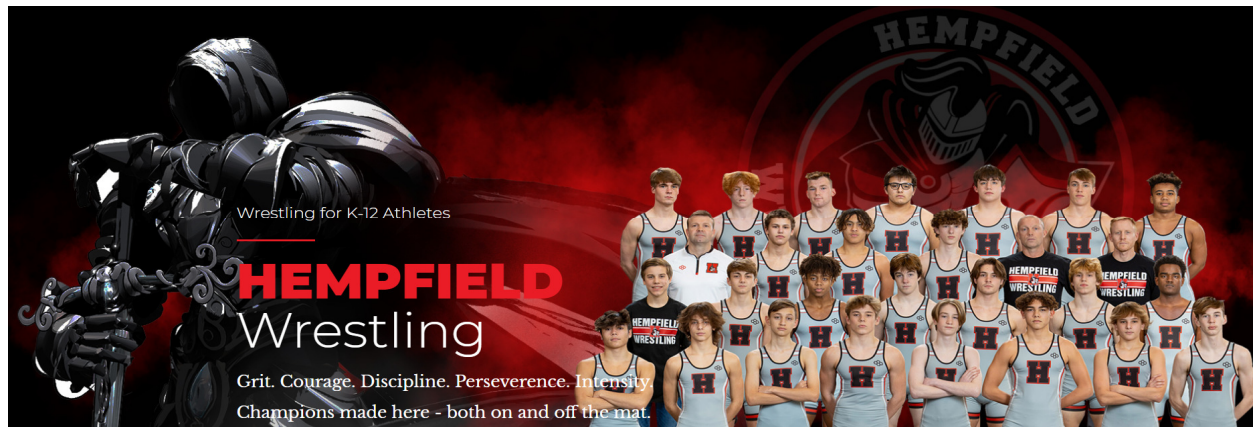


Hempfield Wrestling



To Do List:

1. Complete Wrestler/Parent Contact Information Google Form.
<https://forms.gle/ovQ7iQjHMMY7xhRE9>.
2. Get a physical or complete the recertification form (if you played a fall sport) ASAP. See Athletic Trainer Jen Wettig or Jennifer_wettig@hempfieldsd.org or 717-618-7003 with questions. Physical info - <https://www.hempfieldsd.org/Page/366>.
3. Complete ATS (Athletic Training System) online physical forms and upload page 6 (for new physicals only) at www.hempfield2.atsusers.com.
4. Show up for concussion test (Room 121) on Thursday, November 11th or Tuesday, November 16th in Athletic Training Office at 3:30PM – 5PM. The concussion test is required every two years. If you're not sure if you need a concussion test please contact Athletic Trainer Jen Wettig.
5. Hydration Test/Weight Certification Tuesday, November 16th in the boy's locker room near the Athletic Training Office at 3PM.
6. Parent/Athlete Meeting will be held on Sunday, November 14th at *The Barn* (1900 State Road) at 6:00PM.
7. Parent/Athlete make sure you join Remind and your notifications are turned on. Join Remind here – www.remind.com/join/ag2bc97.
8. Practice begins Friday, November 19th.

Everything on this list needs to be completed in order for you to practice Day 1.