

# Hempfield Wrestling



## To Do List:

1. Complete Wrestler/Parent Contact Information Google Form.  
<https://forms.gle/ovQ7iQjHHMY7xhRE9>.
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 pages (for new physicals only) at [www.hempfield2.atsusers.com](http://www.hempfield2.atsusers.com). Fall athletes upload Section 8 – Recertification Form only. Upload forms due by **Tuesday, November 7th**.
4. Parent/Athlete Meeting will be held on **Sunday, November 12th** at *The Barn* (1900 State Road) at 6:00PM.
5. High School Hydration Test/Weight Certification **Wednesday, November 15th** in the HS boy's locker room near the Athletic Training Office at 3PM. The make-up date is Thursday, November 16th (with JH wrestlers) in the HS boy's locker room near the Athletic Training Office at 3PM.
6. Concussion Testing will take place in room 121 on **Thursday, November 16th**. 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.
7. Parent/Athlete make sure you join Remind and your notifications are turned on. Join Remind here – [www.remind.com/join/ag2bc97](http://www.remind.com/join/ag2bc97).
8. Practice begins **Friday, November 17th** at 6am at the stadium and again at 345pm at the Barn. Bus 14 in space 18 will take you to *The Barn* from the high school if you cannot arrange transportation.

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



**FIGHT. TEAM. BELIEVE. FINISH.**