



WRESTLING NUTRITION EDUCATION REPORT 2023-24

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 13 and December 15, 2023.
Type or print this report form and return it to the MHSAA by December 15, 2023.**

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.

EMAIL TO: wrestling@mhsaa.com