

High School Wrestling - To-Do List



1. GET A FULL PHYSICAL OR COMPLETE RECERTIFICATION FORM

- 📅 Get a physical ASAP - [Physical Information](#)
- If you did not play a Fall sport: Complete all physical pages.
- If you played a Fall sport: Complete Section 8 – Recertification Form.
- Questions? Jen Wettig at Jennifer_wettig@hempfieldsd.org or 717-618-7003.



2. COMPLETE ATS ONLINE FORMS

- 📅 Due Tuesday, November 10 - [ATS \(Athletic Training System\) online forms](#).
- Questions? Jen Wettig at Jennifer_wettig@hempfieldsd.org or 717-618-7003.



3. HYDRATION/WEIGHT CERTIFICATION & CONCUSSION TESTING

- 📅 Tuesday, November 11 🕒 3:00 PM
- 📍 HS Boys' Locker Room near the Athletic Training Office
- You cannot wrestle until you are certified, so make sure you are there.

4. FIRST PRACTICE

- 📅 Friday, November 20 🕒 3:30–5:30 PM
- 📍 The Barn 🚌 Bus 14 will take wrestlers to the Barn.

5. REVIEW TEAM EXPECTATIONS

- Review the [High School Wrestling Team Expectations](#) with a parent/guardian.



6. REVIEW THE 2026–27 SCHEDULE & CALENDAR

- Review the [2026–27 Competition Schedule](#) and [2026–27 Master Calendar](#).



IMPORTANT: Complete everything on this list before November 13th.

FIGHT. TEAM.  BELIEVE. FINISH.