**Attention Poquessing Wrestling Parents:**

The team will be traveling by bus from Poquessing to Neshaminy HS on **Thursday, December 13h @ 2:22pm – after 7th pd**. The purpose is to allow for each wrestling to have a hydration test. This is a simple test to ensure athletes are properly hydrated to obtain an official start-of-season weight certification. All wrestlers are required by PIAA rules to have this test. It protects wrestlers from being tempted to try to lose too much weight during the season. Poquessing has never been a program that condones excessive/unhealthy weight loss. While we push our athletes to get into great shape, we do so in a safe and nutritionally sound manner. It would be wise for the wrestlers to increase their water intake and decrease their soft drink intake the days leading up to the test.

The test is free. Wrestlers may have the opportunity to watch part of the High School practice after the test. Our wrestlers will NOT practice with any high school age wrestlers. **You must sign this paper to give permission for your child to accompany us.** Please direct any questions to us at gpassman@neshaminy.org …or, you can call me in the guidance office at 215-809-6215.

After all wrestlers have completed the testing, a bus will transport us back to Poquessing in time to take the 5:15 late bus home.

Thank you,

Coach Passman and Coach Pecuch

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**HYDRATION TEST PERMISSION FORM**: TRAVEL TO NESHAMINY HS AT 2:45 ON 12/13 AND RETURN TO POQUESSING IN TIME FOR THE 5:15 LATE BUS

PLEASE COMPLETE THE TWO ITEMS BELOW AND RETURN IT **TOMORROW**

Wrestler’s Printed Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_