

NEBRASKA SCHOOL ACTIVITIES ASSOCIATION
8230 Beechwood Drive P.O. Box 5447
Lincoln, Nebraska 68505-0447
402-489-0386

TO: NSAA Master Assessors Trainees

FROM: Darin Boysen, Assistant Director

SUBJECT: Master Assessor Training

DATE: August 28, 2006

I would like to introduce myself as a new staff member at NSAA. I look forward to working with you this year. I have been a teacher and coach at North Bend Central for the past 15 years. If you have any questions during the year I will do my very best to get you an answer.

Thank you in advance for agreeing to help the NSAA in the task of hydration and body fat testing all Nebraska high school wrestlers. The duties of a Master Assessor will be crucial to the program's success.

On Thursday, September 7, 2006, Dr. Allan Utter of Appalachian State University will be training twelve Master Assessors from across the state. **The training will take place at the Grand Island Public Schools Administration Building from 9:00 AM to 3:00 PM** (see directions next page). Dr. Utter will spend the morning session covering important information that will allow you to train others to become registered NSAA Assessors.

For this training session the NSAA will pay mileage (42.5 cents per mile – round trip) and lodging in Grand Island for those that are traveling more than 100 miles one-way for the evening of Wednesday, September 6. Coffee, rolls and lunch will also be provided during the training.

Upon completion of this training, you will be asked to conduct two to three Assessor Training sessions in your area of the state. Compensation for each assessor training session will be \$100 plus mileage at the above rate (a minimum of five trainees must be in attendance per training session). As a Master Assessor you will not be required to pay the \$25 registration fee to become a NSAA Approved Assessor. You will also have access to an NSAA Tanita scale (Bioelectrical Impedance Analysis) at the training site. Assessors preferring to use NSAA approved skin fold calipers, must supply their own. The test strips for specific gravity or hydration testing will be shipped to each school by October 15. The schools will be required to provide the test strips to the assessor at the Alpha Test site.

We ask that you bring your work schedule or calendar with you to the training session in Grand Island. The afternoon session will be dedicated to creating sites and dates for assessor training and possible regional sites for wrestler's Alpha Tests in November.

Once again, I look forward to working with you. Feel free to call or e-mail me any time with your questions or concerns. Please see the next page to compete and FAX to the NSAA office as soon as possible. Thank you in advance for your help with the NSAA Weight Management Program.

Respectfully,

Darin Boysen
Assistant Director
Nebraska Schools Activities Association
dboysen@nsaahome.org
Phone (402) 489-0386
FAX (402) 489-0934

**Nebraska Schools Activities Association
Wrestling Weight Management Program
Master Assessor Training Registration Form
September 7, 2006 9:00 AM – 3:00 PM–
Grand Island Public Schools Administration Building**

LAST NAME _____ FIRST NAME _____

MEDICAL/HEALTH POSITION _____

MAILING ADDRESS _____

CITY _____ STATE _____ ZIP CODE _____

E-MAIL ADDRESS _____

PHONE NUMBER _____ CELL PHONE _____

_____ YES, I CAN ATTEND THE MASTER ASSESSOR TRAINING ON SEPTEMBER 7

_____ NO, I CAN NOT ATTEND THE MASTER ASSESSOR TRAINING ON SEPTEMBER 7

_____ NO, I CAN NOT ATTEND THE MASTER ASSESSOR TRAINING ON SEPTEMBER 7, BUT PLEASE
PROVIDE ME INFORMATION ABOUT BECOMING A REGISTERED NSAA ASSESSOR

LODGING

_____ I WILL NEED LODGING ACCOMODATIONS IN GRAND ISLAND (NSAA WILL MAKE THE
RESERVATIONS) FOR THE EVENING OF SEPTEMBER 6

_____ I WILL NOT NEED LODGING ACCOMADATIONS

Directions to Grand Island Public Schools Administration Building

Address: 123 Webb Road (Near the Junction of 281 and Hwy 30)
Exit 281 to the east. Go to first intersection (Webb Road) turn North
Turn right at the first Stoplight, and then right again into the parking lot.

**PLEASE FAX THIS INFORMATION TO DARIN BOYSEN AT THE NSAA
FAX NUMBER OF 402-489-0934 BY FRIDAY, SEPTEMBER 1.**