## MHSAA SKINFOLD ASSESSOR WORKSHEET

Wrestler:						
School:						
Gender: M F	Grade:	9	10	11	12	
	ration Test: YES → Proceed Below NO → STOP - NO ASSESSMENT FOR 48 HOURS					
Weight:	Date:					
Measurements:						
Triceps	11	4		7		
Subscapular	2	5		8		
Abdominals (MALES ONLY)	3	6		9		
Wrestler:						
School:						
Gender: M F			10	11	12	
Passed Hydration Test: YES -		Proceed Below STOP - NO ASSESSMENT FOR 48 HOURS				
Weight:	Date:					
Measurements:						
Triceps	1	4		7		
Subscapular	2	5		8		
Abdominals (MALES ONLY)	3	6		9		