

**OKLAHOMA SECONDARY SCHOOL ACTIVITIES ASSOCIATION**  
**P. O. Box 14590, Oklahoma City, OK 73113**

**TO:** Wrestling Coaches  
**FROM:** Todd Goolsby, Assistant  
**DATE:** September 2019  
**SUBJECT:** Information Regarding the OSSAA Weight Management Program

Enclosed you will find:

1. **Tips for Passing the Wrestling Hydration Assessment:** This information should be copied and given to each wrestler prior to the testing date and also posted in your locker room.
2. **Preparation of Wrestlers for Assessment:** This information should be shared with your wrestlers and also posted in your locker room.
3. **NWCA Optimal Performance Calculator Instructions for Coaches:** Please follow the instructions to log on to the Calculator Program and to update your personal information and school file. Instruction sheet should help you navigate to all areas in the program.
4. **List of OSSAA Certified Assessors:** These assessors have gone through the assessor training course or have been re-certified and are qualified to perform hydration and body fat testing on your wrestlers. It will be YOUR responsibility to contact one of them and set up an appointment to have your team tested.
5. **Student Data Information and Testing Form**

**If you have not received your login and email for Trackwrestling, please contact Todd Goolsby.**

You will also need to read the Weight Management Program information on pages WR3-WR6 of the OSSAA Wrestling Manual and be responsible for that information.

**2019-2020**  
**OSSAA WRESTLING WEIGHT MANAGEMENT PROGRAM**  
**STUDENT DATA INFORMATION AND TESTING FORM**

**To be completed by the coach and parent prior to the wrestler being tested:**

**Please print**

1. Name of student \_\_\_\_\_
2. Name of school \_\_\_\_\_
3. Grade in school \_\_\_\_\_ Gender: Male \_\_\_\_\_ Female \_\_\_\_\_
4. Parental or Guardian consent: I hereby give my permission for the above named wrestler to be tested by a certified assessor for hydration and body fat analysis. The hydration testing will be a urine analysis which will only test for hydration. The body fat testing will be done by skin fold calipers or a bioelectrical impedance machine. Failure to sign this consent will result in a wrestler not being tested and ineligible to compete in high school wrestling.

Parent or Guardian Signature \_\_\_\_\_

**To be completed by the assessor:**

5. Date of Assessment \_\_\_\_\_
6. Hydration Test: Pass \_\_\_\_\_ Fail \_\_\_\_\_
7. Body Weight (Measured to a tenth of a pound, no rounding) \_\_\_\_\_

**Complete either #8 or #9**

8. Skin Fold Measurements:
 

	Test 1	Test 2	Test 3
a. Triceps	_____	_____	_____
b. Subscapular	_____	_____	_____
c. Abdominal (Male only)	_____	_____	_____
9. Bio-Impedance Assessment
  - a. Student's Height \_\_\_\_\_
  - b. Percentage of Body Fat \_\_\_\_\_
  - c. Attach printer tape from the Tanita Bioelectrical Impedance 300WA machine (athletic male mode) to this form

## HOW TO PASS THE WRESTLING HYDRATION ASSESSMENT

Following these tips will help wrestlers pass the hydration assessment and give the most favorable body composition results.

### Two days before hydration and body composition assessing:

**DRINK AT LEAST 8-10, 8 OUNCE GLASSES OF FLUIDS DURING THE DAY.**

(Remember, water has no calories.)

Drink an additional 16 ounces of water for each pound you may have lost that day during a sport practice.

Avoid drinks containing caffeine, such as iced tea, caffeinated pop and coffee.

Increase the intake of high fiber foods to help eliminate excess waste from the body.

(Whole grain breads, muffins & cereals, fresh fruits, salad, vegetables)

**AVOID** foods high in fat. (Fried foods, fatty meats, French fries, pizza, nuts, regular salad dressings)

**AVOID** salty foods. (Potato chips, pretzels, pizza, tuna, crackers, soft drinks, sports drinks.)

Discontinue the use of vitamins and other supplements, unless prescribed by your doctor, as they may cause the urine to be darker than normal.

### One day before hydration and body composition assessing:

**CONTINUE DRINKING PLENTY OF WATER.** You should be urinating several times during the day and your urine should be clear.

Drink an additional 16 ounces of water for each pound you may have lost that day during a sport practice.

Avoid drinks containing caffeine, such as iced tea, caffeinated pop and coffee.

Avoid eating foods high in chocolate.

Eat smaller meals, but eat more frequently, if necessary.

Continue to eat foods high in fiber.

**AVOID FOODS HIGH IN FAT AND SALT!**

Urine should be clear to indicate you are fully hydrated.

### The day of hydration and body composition assessing:

**\* Early morning assessing:**

**DO NOT EXERCISE BEFORE THE ASSESSMENT.**

**DRINK WATER WHEN YOU FIRST GET OUT OF BED**

Do NOT urinate until you arrive at the assessment site and provide a urine sample

Do NOT eat until after the test

**\* Late morning, or afternoon, assessing:**

**DO NOT EXERCISE FOR SEVERAL HOURS BEFORE THE ASSESSMENT.**

**Continue to drink plenty of water throughout the day**

Urinate several times during the day until 1-2 hours before the assessment.

Eat small portions and eat lighter foods. (Fruits, cereals, juices)

**DO NOT EAT** fatty or salty foods.

**DO NOT DRINK** salty drinks, such as pop & sports drinks.

**DO NOT EAT** within several hours of the assessment.

## PREPARATION OF WRESTLERS FOR ASSESSMENT

1. No vigorous activities that cause excessive sweating on the evening before and the day of the testing.
2. Avoid foods and/or supplement that may contribute to water loss such as chocolate, soft drinks, coffee, and creatine for at least 24-48 hours.
3. Review and post the Tips for Passing the Wrestling Hydration Assessment with your wrestlers.
4. Eat a normal balanced diet emphasizing foods with high water content such as fruits and vegetables.
5. Be awake three (3) hours prior to testing.
6. Do not eat two hours prior to testing.
7. Student data sheets on each wrestler are completed prior to the assessment including the parent or guardian signature.
8. Attire for males shall be shorts and t-shirt, females shall be shorts and a halter top or sports bra.

SCHOOL: \_\_\_\_\_

School Login: \_\_\_\_\_

Coaches Password: \_\_\_\_\_

School Password: \_\_\_\_\_ (For Assessor Only)

### Optimal Performance Calculator Instructions for Coaches in State Mandated Programs

#### How to log into the program

1. Go to the NWCA home page at [www.nwcaonline.com](http://www.nwcaonline.com)
2. On NWCA home page, go to top menu bar under **Weight Management** click on the **Optimal Performance Calculator**.
3. You will now be directed to the Optimal Performance Calculator Program ([www.nwcaonline.com/nwcaonline/default.aspx](http://www.nwcaonline.com/nwcaonline/default.aspx)).
4. Once at the OPC home page click on the **login** tab on the menu bar.
5. On the login page, the coach will enter his/her NWCA user ID and password. (The password is the coach's assigned login id for the initial login; the coach will be prompted to change his/her password to a permanent password)
6. You will now be logged into the program at the scholastic homepage of the Optimal Performance Calculator Program ([www.nwcaonline.com/nwcaonline/peformance/scholastic.aspx](http://www.nwcaonline.com/nwcaonline/peformance/scholastic.aspx))

#### How to complete individual profile

1. A blank profile form will appear that the coach will be asked to complete with his/her contact information
2. Enter name of head coach
3. Enter all contact information
4. **Enter a password reminder question**
5. **Enter a password reminder question**
6. In the new password field box, enter a new password. Confirm the password in the next form field.
7. After all fields are entered, click on update contact information

#### How to enter the test assessment data: (please know that you will not be able to save the assessments online)

*The calculations on your test assessment form will mirror the calculations on your official state assessment form*

1. Once the coach is at the scholastic homepage of the OPC, the coach will put his cursor over the **Coaches** tab. A drop down menu will appear and the Assessor/Coach will select **Test Assessment**.
2. After clicking **Test Assessment** a blank assessment form will appear. If you are entering test assessment data for a female please click on the "add female wrestler link". This will take you to a special test assessment form for females.
3. Begin entering the data onto your initial assessment screen. Be sure to use the "TAB BUTTON" on your keyboard to navigate through the form. Failure to do so will result in the inability for the calculator to function correctly.
4. **Please note:** If you are using Bio-Impedance, Underwater weighing or Bod Pod to assess body fat, do not enter information into the skin fold area. You will manually enter the Body Fat percentage into the field provided at Step 3.
5. When you have successfully calculate the Minimum Wrestling Weight on the Initial Assessment form, please scroll to the bottom of the page and click on Print Test. You will be able to print the assessment form, but will not be able to save it.
6. **Make sure your margins are set to: .5 on top and bottom and .25 for the right and left side.**
7. To repeat the process for an additional wrestler, please use the same form and enter new test assessment data.

#### How to view and print the alpha master roster

1. On the scholastic OPC homepage menu bar, click on the **Alpha Master Report** under the **Coaches tab** on the menu bar.
2. The "Alpha master report" will appear with all of the team's wrestlers and their assessment data (this includes the wrestler's minimum weight class and the first date they may compete at that weight class)
3. Click on the print button at the bottom of the page to print the form. This form should be brought to all matches and weigh-ins.

### How to view wrestler's assessments

1. On the scholastic OPC homepage menu bar, click on wrestlers on file under the coaches tab on the menu bar.
2. After logging in, a list of wrestlers who have completed assessment will appear (this page is titled "wrestlers on file").
3. On the "wrestlers on file" page, click on the select link under the assessment column for the wrestler you would like to view the assessment data form
4. After clicking on the select button for the desired wrestler, that individual wrestler's initial assessment will populate the page.
5. To print the assessment form, scroll to the bottom and click on the print button.
6. To view another wrestler's assessment, you can scroll to the bottom of the current wrestler's assessment form and click on Retrieve Wrestler. This will bring up the "wrestlers on file" page. You can click on the Back button on your computer tool bar to take you back to the "wrestlers on file" page.

### How to view individual weight loss plan

1. On the Scholastic OPC homepage, click on Individual Weight Loss Plan on the drop down menu underneath the Coaches heading on the main tool bar.
2. You will now be on a page that lists all of the wrestlers on file.
3. Select the date range from the calendars provided.
4. After selecting the date range you prefer, click on the check box titled "apply date filter to wt loss plan."
5. After applying the date filter, click on the wrestler's name that you would like to view.
6. Print from the file option from the tool bar.
7. Please note: You may also view a wrestler's weight loss plan from the "wrestler's on file" page. However, you will not be able to provide a date filter by using this option.

### How to retrieve login and password information for student-athletes so they can view their individual assessment data as well as access the integrated nutrition program (please note, the wrestlers can design their own customized diet that honors their weight loss/gain plan by using these codes).

1. On the Scholastic OPC homepage, click on Wrestlers on File on the drop down menu underneath the Coaches heading on the main tool bar.
2. You will now be on the 'wrestlers on file' page.
3. The program will automatically assign each wrestler a unique Login ID and Password for each wrestler.
4. At the top of the page, click on the "export wrestlers name and password to excel." This will export the page to an excel document which you can download and print to your computer.
5. The coach should give each individual wrestler their unique Login ID and Password. The wrestler and his/her parents have access to their individual assessment data and the nutrition program.

Once the coach/assessor is finished working on the Optimal Performance Calculator Program, he/she should make sure to logoff on the menu bar on the Scholastic OPC homepage.

### Contact to us

For more information, please visit the NWCA Optimal Performance Website at [www.nwcaonline.com](http://www.nwcaonline.com). For problems or questions please contact the NWCA office at 717-653-8009 or email at [ptocci@nwca.cc](mailto:ptocci@nwca.cc).

# Assessors

## Assessors

Gov. Body	<input type="checkbox"/> Name / Affiliation	Contact	Address	Act
⋮ OSSAA	<input type="checkbox"/> Bernard Aquillard X Charles Page	baguillard@oksurg.com (918) 271-3382	3635 E 430 RD Oologah, OK 74053	Y
⋮ OSSAA	<input type="checkbox"/> Sharie Ainsworth X PCWest	sainsworth@putnamcityschools.org (405) 974-8955	8500 nw 23 OKC, OK 73127	N
⋮ OSSAA	<input type="checkbox"/> Linda Anderson X Cleveland High School	andersonlinda15@yahoo.com (918) 358-3133 (918) 706-9832	506 Miami NW Cleveland, OK 74020	Y
⋮ OSSAA	<input type="checkbox"/> OK Test Assessor X Trackwrestling	oktestasseser@trackwrestling.com (555) 555-5555	, OK	N
⋮ OSSAA	<input type="checkbox"/> Jarrett Austin X Edmond Memorial	jraatc@hotmail.com (405) 343-3840	13508 Pecan PI Edmond, OK 73013	Y
⋮ OSSAA	<input type="checkbox"/> Kevin Austin X MCALESTER	kmaustin2@yahoo.com (918) 424-9318	1306 WADE WATTS MCALESTER, OK 74501	Y
⋮ OSSAA	<input type="checkbox"/> Carla Bartlett X Woodland High School, Pawhuska High School	barmaidpep1@yahoo.com (918) 738-4130 (918) 642-3100	390 N. 1st Ralston, OK 74650	N
⋮ OSSAA	<input type="checkbox"/> Scott Bedigrew X Norman North High School	sbedigrew@yahoo.com (405) 613-9997	1809 Stubbeman Avenue Norman, OK 73069	N
⋮ OSSAA	<input type="checkbox"/> Alicia Berry X Bishop Kelley	aberry@bishopkelley.org (918) 527-0415 (918) 609-7150	218 S. Shawnee St. Catoosa, OK 74015	N
⋮ OSSAA	<input type="checkbox"/> Tammy Blankenship X Checotah High School	tblankenship@checotah.k12.ok.us (918) 680-0131	205 Owens Checotah, OK 74426	Y
⋮ OSSAA	<input type="checkbox"/> Terri Botts X Grove High School	tbotts@ridgerunners.net (918) 791-8127	31380 S 618 Lane Grove, OK 74344	N
⋮ OSSAA	<input type="checkbox"/> Katie Bozarth X	kbozarth@jay.k12.ok.us (918) 314-2530	33950 S. 620 LN	Y

# Assessors

	Jay High School		Grove, OK 74344
: OSSAA	<input type="checkbox"/> <u>Scott Buehre</u> X Eisenhower	stbuehre@hotmail.com (580) 483-6207	24112 County N Road 1440 Cyril, OK 73029
: OSSAA	<input type="checkbox"/> <u>Jerry Burtner</u> X Ponca City High School	jerrypcfd@yahoo.com (580) 716-2736	819 S. 3rd N Blackwell, OK 74631
: OSSAA	<input type="checkbox"/> <u>Michael Cain</u> X Morris High School	mtcaindo@cox.net (918) 758-6303 (918) 652-9650	1219 E. 139th N Street Glenpool, OK 74033
: OSSAA	<input type="checkbox"/> <u>Meagan Caldwell</u> X Indian Capital Technology Center	meaganc@ictctech.com (918) 381-1760	PO Box 2226 Y Ft. Gibson, OK 74434
: OSSAA	<input type="checkbox"/> <u>Rachel Cameron</u> X Kingfisher High School	rachelcameron@rocketmail.com (405) 368-5460	20759 E 790 N Rd Kingfisher, OK 73750
: OSSAA	<input type="checkbox"/> <u>Miranda Cash</u> X Geary	miranda.cash@redlandscs.edu (580) 623-0200	Rt. 1 Box 466 N Fay, OK 73646
: OSSAA	<input type="checkbox"/> <u>Dereck Cassidy</u> X	motox_dad_98@yahoo.com (580) 761-5338	PO Box 1585 N Ponca City, OK 74602
: OSSAA	<input type="checkbox"/> <u>Stephen Cassity</u> X	stephen.cassity@gmail.com (918) 697-2638	PO Box 574 Y Barnsdall, OK 74002
: OSSAA	<input type="checkbox"/> <u>Kieth Chlouber</u> X oco sports med.	blade_atc@hotmail.com (405) 760-1317	8720 sw 109 N ct okc, OK 73173
: OSSAA	<input type="checkbox"/> <u>Brian Choate</u> X Santa fe High School	choatebn@hotmail.com (405) 201-1264	1901 W 15th N St. Edmond, OK 73013
: OSSAA	<input type="checkbox"/> <u>Clellen Cody</u> X	cllencody@yahoo.com (405) 659-9034	17110 N Woodside Dr. Newalla, OK 74857
: OSSAA	<input type="checkbox"/> <u>Brian Coley</u> X Catoosa High School	brian.coley3@gmail.com (918) 633-1402	1621 E. Y Omaha St. Apt. A4 Broken Arrow, OK 74012
: OSSAA	<input type="checkbox"/> <u>Ryan Corn</u> X	ryan.corn@ymail.com (580) 370-0178	1718 meadow Y lane Perry, OK 73077

## Assessors

: OSSAA	<input type="checkbox"/> <u>Zachary Cowan</u>	X drzach_76@yahoo.com (918) 822-1542	P.O. Box 343 Salina, OK 74365	N
: OSSAA	<input type="checkbox"/> <u>Jason Cox</u>	X jcox@mid-del.net Midwest City High School (405) 503-8674	2000 S. Mustang Rd. Apt. 401 Yukon, OK 73099	N
: OSSAA	<input type="checkbox"/> <u>Derrick Crampton</u>	X derrickcrampton@msn.com (580) 214-0467 Clinton, OK	5300 N. Independence OKC, OK 73012	N
: OSSAA	<input type="checkbox"/> <u>Matt Crumley</u>	X crumleym_50@yahoo.com (405) 388-5061 Del City High School	110 Worley Creek Ln Tuttle, OK 73089	Y
: OSSAA	<input type="checkbox"/> <u>Deborah Dabbs</u>	X dabbsdeb@hotmail.com (580) 618-0731	1221 E. 2nd Sulphur, OK 73086	Y
: OSSAA	<input type="checkbox"/> <u>Denise Daffin</u>	X denisedaffinwrestle@yahoo.com (918) 776-4037 Sallisaw Highschool	1409 Alex Denton Dr. Sallisaw, OK 74955	Y
: OSSAA	<input type="checkbox"/> <u>Scott Delcamp</u>	X delcamp@cox.net (405) 229-3060 EDMOND NORTH	16812 LA PALOMA LANE EDMOND, OK 73012	Y
: OSSAA	<input type="checkbox"/> <u>Kayla Dickson</u>	X kddickson@enidk12.org (580) 366-8548 (405) 609-9832 Enid High School	1826 Pawnee Enid, OK 73703	Y
: OSSAA	<input type="checkbox"/> <u>Dixie Draper</u>	X tim6227@sbcglobal.net (405) 229-3727	24680 N. Macarthur Edmond, OK 73025	N
: OSSAA	<input type="checkbox"/> <u>Kathy Dunn-Clark</u>	X kittypclark@aol.com (918) 639-0151 KEYS SCHOOL	31069 S. QUALLS ROAD PARK HILL, OK 74451	Y
: OSSAA	<input type="checkbox"/> <u>Shelly Edgar</u>	X otmomoftwo@yahoo.com (918) 724-3173 sperry, collinsville	400695 W. 3950 Rd. Collinsville, OK 74021	N
: OSSAA	<input type="checkbox"/> <u>Chad Edminsten</u>	X cedminstenatc@gmail.com (405) 821-4398	1613 Ballad Drive Midwest City, OK 73130	N
: OSSAA	<input type="checkbox"/> <u>Christopher Fedor</u>	X cfedor@mcbboh.com (405) 255-1710 (405) 230-9575 Bishop McGuinness High School	863 Lost Oak Dr. Guthrie, OK 73044	N

## Assessors

⋮	OSSAA	<input type="checkbox"/> Jennifer Ford X Inola High School	jennifer.ford@netech.edu (918) 855-9004 (918) 825-5555	902 N. Hopi St. Chouteau, OK 74337	N
⋮	OSSAA	<input type="checkbox"/> Dain Foster X Yukon High School	dain.foster@yukonps.com (405) 313-9658	629 N. Canadian Terr Mustang, OK 73064	N
⋮	OSSAA	<input type="checkbox"/> Max Franklin X Anadarko High School	maxwell-franklin@hotmail.com (405) 247-3871	501 W. Central Anadarko, OK 73005	N
⋮	OSSAA	<input type="checkbox"/> Clayton Freeman X Tonkawa	cjfreeman106@yahoo.com (580) 670-4557	4208 E. 56th Stillwater, OK 74074	N
⋮	OSSAA	<input type="checkbox"/> Steve Friebois X Tulsa Public Schools	friebois@tulsaschools.org (918) 521-6339	2501 W. Natchez St Broken Arrow, OK 74011	Y
⋮	OSSAA	<input type="checkbox"/> Michael Garza X MacArthur High School	mlgarza@lawtonps.org (580) 695-6374	4400 E. Gore Blvd. Lawton, OK 73501	N
⋮	OSSAA	<input type="checkbox"/> Todd Goolsby X Del City	tgoolsby@ossaa.com (405) 627-6956	10822 Blue Sky Dr Midwest City, OK 73130	N
⋮	OSSAA	<input type="checkbox"/> Leland Hanson X Miami High School	lhanson@hotmail.com (918) 919-9561	1901 Inverness Ct. Miami, OK 74354	Y
⋮	OSSAA	<input type="checkbox"/> Geoffrey Hargis X Precision Physical Therapy	ghargis27@gmail.com (405) 531-8644 (405) 454-0010	7015 NW 44th Bethany, OK 73008	Y
⋮	OSSAA	<input type="checkbox"/> Aaron Harmon X Stillwater High	aharmon@stillwaterschools.com (405) 880-4263	317 E Rogers Dr Stillwater, OK 74075	N
⋮	OSSAA	<input type="checkbox"/> Brooke Henderson X Marlow	brooke.henderson89@gmail.com (405) 240-0709	409 W. Wade St. Marlow, OK 73055	Y
⋮	OSSAA	<input type="checkbox"/> Erin Herrmann X Putnam City North	eherrmann@putnamcityschools.org (405) 973-8272	11225 NW 105th st Yukon, OK 73099	Y

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Gov. Body	<input type="checkbox"/> Name / Affiliation	Contact	Address	
⋮ OSSAA	<input type="checkbox"/> <u>Robert Holly</u> X Oologah	cholly6@atlasok.com (918) 637-1339	6404 S 4080 Rd Talala, OK 74080	Y
⋮ OSSAA	<input type="checkbox"/> <u>John Horn</u> X POTEAU	johndhorndds@gmail.com (918) 649-1099 (918) 705-0765	2707 N Broadway Poteau, OK 74953	N
⋮ OSSAA	<input type="checkbox"/> <u>Leslie Hughes</u> X Stillwell High School	leslieketcher@yahoo.com (918) 696-8880	Rt. 2 Box 1075 Stillwell, OK 74960	N
⋮ OSSAA	<input type="checkbox"/> <u>manuel jimenez</u> X	michellejimenez2428@yahoo.com (918) 284-7533	7410 W 39th Tulsa, OK 74107	N
⋮ OSSAA	<input type="checkbox"/> <u>Kevin Kinnaird</u> X Duncan	kinnaird@cableone.net (580) 606-7331	212 N. 30th Duncan, OK 73533	Y
⋮ OSSAA	<input type="checkbox"/> <u>Chris Kromer</u> X Mustang HS	kromerc@mustangps.org (405) 476-4156	906 S. Heights Dr. Mustang, OK 73064	N
⋮ OSSAA	<input type="checkbox"/> <u>Carl Laffoon</u> X	claffoon@airmethods.com (405) 973-4306	1956 CR 1198 Tuttle, OK 73089	Y
⋮ OSSAA	<input type="checkbox"/> <u>Justin Laird</u> X Okmulgee High School	jlaird@okmulgeeps.com (918) 850-5158	516 S. Zunis Tulsa, OK	N
⋮ OSSAA	<input type="checkbox"/> <u>Kyle Larney</u> X Oklahoma Sports & Orthopedics Institute	Larg47@yahoo.com (405) 443-8161 (405) 360-6764	2000 SE. 6th St. Moore, OK 73160	Y
⋮ OSSAA	<input type="checkbox"/> <u>Jodi Letteer</u> X Glenpool Schools	jodi.letteer@cox.net (918) 645-1672	14852 S. Fern Pl. Glenpool, OK 74033	Y
⋮ OSSAA	<input type="checkbox"/> <u>Joyce Luna</u> X	amcgowan_33@yahoo.com (918) 316-2261	13248 N Lost City Rd Hulbert, OK 74441	Y
⋮ OSSAA	<input type="checkbox"/> <u>Laura Lundberg</u> X Stilwell	lundbergs0628@yahoo.com (918) 575-5148	Rt. 1 Box 728 Westville, OK 74965	N

## Assessors

⋮ OSSAA	<input type="checkbox"/> <u>Greg Martens</u> <input checked="" type="checkbox"/> madill	spmartens@hotmail.com (580) 795-7605 (580) 677-9500	207 East Taliaferro madill, OK 73446	<u>Y</u>
⋮ OSSAA	<input type="checkbox"/> <u>James Martinez</u> <input checked="" type="checkbox"/> Owasso High School	jim.martinez@owassops.org (918) 884-9660	2915 McKinley Sand Springs, OK 74063	<u>Y</u>
⋮ OSSAA	<input type="checkbox"/> <u>Kelly McGee</u> <input checked="" type="checkbox"/> Vinita High School	mcgeeki@vinitahornets.com (918) 244-8558 (918) 944-0496	440798 E. 200 rd. Vinita, OK 74301	<u>Y</u>
⋮ OSSAA	<input type="checkbox"/> <u>Stacy Moore</u> <input checked="" type="checkbox"/> Harrah High School	MatQueen1994@aol.com (405) 990-1199	5670 Henney Place Choctaw, OK 73020	<u>N</u>
⋮ OSSAA	<input type="checkbox"/> <u>Stephen Moss</u> <input checked="" type="checkbox"/>	smoss@bixbyps.org (918) 638-1221	25785 E. 90th St. S. Broken Arrow, OK 74014	<u>N</u>
⋮ OSSAA	<input type="checkbox"/> <u>Alan Mount</u> <input checked="" type="checkbox"/> Bartlesville	mountwa@bps-ok.org (918) 440-9419 (918) 337-0153	400 Rachel Lane Bartlesville, OK 74006	<u>Y</u>
⋮ OSSAA	<input type="checkbox"/> <u>Dan Newman</u> <input checked="" type="checkbox"/> Union High School	newman.dan@unionps.org (918) 852-2066	UMAC - Athletic Dept 6836 South Mingo Road Tulsa, OK 74133	<u>N</u>
⋮ OSSAA	<input type="checkbox"/> <u>Lance Patterson</u> <input checked="" type="checkbox"/> Durant	lapatt44@hotmail.com (580) 920-5025	182 Park Lake Drive Mead, OK 73449	<u>Y</u>
⋮ OSSAA	<input type="checkbox"/> <u>Casey Paulk</u> <input checked="" type="checkbox"/> Tulsa Tech - Owasso	casey.paulk@tulsatech.edu (918) 688-8599	1208 S. Hummingbird PL Skiatook, OK 74070	<u>N</u>
⋮ OSSAA	<input type="checkbox"/> <u>Jeff Phillips</u> <input checked="" type="checkbox"/> Hobart High School	jnphill@sbcglobal.net (580) 450-0625	708 N Stadium Hobart, OK 73651	<u>N</u>
⋮ OSSAA	<input type="checkbox"/> <u>Talena Phillips</u> <input checked="" type="checkbox"/> chickasha	talenaphi@hotmail.com (404) 779-7630	2049 highway 81 chickasha, OK 73018	<u>Y</u>
⋮ OSSAA	<input type="checkbox"/> <u>Robert Polk</u> <input checked="" type="checkbox"/> Choctaw	rpolk@osoi.com (405) 317-6394	3308 Willow Rock Norman, OK 73072	<u>N</u>
⋮				

## Assessors

OSSAA	<input type="checkbox"/> Rhonda Pruitt <input checked="" type="checkbox"/>	cpruittautooffice@yahoo.com (918) 207-9254	2957 Cambridge Circle Tahlequah, OK 74464	Y
: OSSAA	<input type="checkbox"/> Jennifer Puett <input checked="" type="checkbox"/>	jpuett@cordell.k12.ok.us (580) 819-1769 (580) 832-3420	1413 N. Market Cordell, OK 73632	Y
: OSSAA	<input type="checkbox"/> Herb Rhea <input checked="" type="checkbox"/>	herb.rhea@jenksps.org (918) 798-8920	205 E. "B" Street Jenks, OK 74037	N
: OSSAA	<input type="checkbox"/> Norma Robertson <input checked="" type="checkbox"/>	normarobertson@clevelandtigers.com (918) 629-3539	600 N. Gilbert Cleveland, OK 74020	Y
: OSSAA	<input type="checkbox"/> David Sage <input checked="" type="checkbox"/>	davidsage@sbcglobal.net (580) 774-8108	1801 Liberty Weatherford, OK 73096	N
: OSSAA	<input type="checkbox"/> Russell Schuchman <input checked="" type="checkbox"/>	rschuchman@norman.k12.ok.us (405) 613-0358 (405) 366-5812	911 West Main Norman, OK 73069	N
: OSSAA	<input type="checkbox"/> Michael Shelton <input checked="" type="checkbox"/>	michaelshelton1979@gmail.com (918) 605-3278	1444 n phoenix ave Tulsa, OK 74127	N
: OSSAA	<input type="checkbox"/> Holly Shinnen Gramm <input checked="" type="checkbox"/>	hsdolphin@aol.com (918) 906-6306	17784 s hwy 48 bristow, OK 74010	N
: OSSAA	<input type="checkbox"/> Kasey Simpson <input checked="" type="checkbox"/>	chirocowboy@suddenlinkmail.com (918) 306-0136	1523 East Main Cushing, OK 74023	Y
: OSSAA	<input type="checkbox"/> Chance Skidgel <input checked="" type="checkbox"/>	chanceskidgel@att.net (918) 809-2175 (918) 591-4406	3643 S. Louisville Ave. Tulsa, OK 74135	N
: OSSAA	<input type="checkbox"/> Joy Smith <input checked="" type="checkbox"/>	soonerjoys@yahoo.com (405) 412-2627	15608 Gaddy Road Shawnee, OK 74801	Y
: OSSAA	<input type="checkbox"/> David Stanley <input checked="" type="checkbox"/>	dstanley@lawtonps.org (580) 678-2748	601 NW Fort Sill Blvd. Lawton, OK 73507	N
: OSSAA	<input type="checkbox"/> Shay Stewart <input checked="" type="checkbox"/>	shstewart@woodwardps.net (580) 334-4153	rt 1 box 22 Freedom, OK 73842	Y
: OSSAA				Y

## Assessors

<input type="checkbox"/> Daniel Talavera X	dtalavera@elginps.org (580) 492-4242 Elgin Public School	520 k street Elgin, OK 73538	
: OSSAA <input type="checkbox"/> Chis Trobaugh X	christophertrobaugh@mooreschools.com (405) 420-9074 Southmoore High School	513 SW 156th Street Oklahoma City, OK 73170	N
: OSSAA <input type="checkbox"/> Phillip Tucker X	philliptucker@mooreschools.com (580) 214-0782 WestMoore High School	2609 SE 7th Moore, OK 73160	N
: OSSAA <input type="checkbox"/> Emily Tyrrell X	emilytyrrell@sbcglobal.net (918) 944-0772 Vinita High School	624 W. Canadian Vinita, OK 74301	N
: OSSAA <input type="checkbox"/> Andrew Vos X	avos@ymail.com (405) 620-2534 Choctaw High School	2 N. Douglas Blvd. Arcadia, OK 73007	N
: OSSAA <input type="checkbox"/> Joe Waldron X	joewaldron@hotmail.com (405) 317-1655 Oklahoma Sports & Orthopedics Institute	4808 NW 68th OKC,, OK 73132	Y
: OSSAA <input type="checkbox"/> Paul Walker X	paul.m.walker24@gmail.com (405) 650-2362 Moore High School	508 Calla Lily Ln Norman, OK 73069	N
: OSSAA <input type="checkbox"/> Melissa Weathers X	The4weathers@yahoo.com (405) 542-7284 Hinton	308 Addison Hinton, OK 73047	N
: OSSAA <input type="checkbox"/> Josh Wilson X	jwilson@okortho.com (918) 207-9342 Orthopedic Associates	15089 N. Oak Dr. Choctaw, OK 73020	Y
: OSSAA <input type="checkbox"/> Charles Winburn X	smokeater004@yahoo.com (580) 362-5178 Newkirk High School	208 N. M street Newkirk, OK 74647	N
: OSSAA <input type="checkbox"/> Larry Winnard X	llwatc@aol.com (405) 414-5790 Putnam City High School	5300 N. W. 50th Okla. City, OK 73122	Y
: OSSAA <input type="checkbox"/> Eli Zucksworth X	zuckswo@yahoo.com (405) 880-5725	1117 East Ash El Reno, OK 73036	Y