

Weight Testing Agreement

The purpose of conducting body composition tests is to:

1. Accurately assess body fat percentage.
2. Measure Anthropometric sites to determine positive and negative growth.
3. Provide the athlete with areas that need improvement by testing muscle strength and development. (Structural Analysis)
4. Testing data will be compared to other athletes with the same body type.
5. Future Height & Weight predictions will be assessed.

Participation in the testing program is voluntary; athletes may discontinue the process at any time. Athletes/participants are required to be tested in the developed cycle. For most individuals the cycle is every three months though some will test monthly.

Involvement in this program will not positively or negatively impact your chances of making any athletic team. The program is designed to help athletes to reach their full potential.

By signing below I acknowledge the purpose and my involvement in the testing program.

Name

Signature of Athlete

Date

Signature of Parent

Date

Body Composition Tests Information

Name _____

Advisory Room _____

Address _____

Phone Number _____

E-Mail Address _____

Date of Birth _____ Age _____

Sports _____

Special Conditions (Ex. Asthma) (Broken Bones)

Height Prediction:

Mother's Height _____

Father's Height _____

Athlete's Height _____ Weight _____

Athlete's Exact Age _____
