

IOWA HIGH SCHOOL ATHLETIC ASSOCIATION LIST OF APPROVED BODY COMPOSITION ASSESSMENT PERSONNEL, 2007-08

The following personnel (*listed alphabetically by city*) are available to perform body composition assessments on high school wrestlers. It is important to contact assessment personnel early to assure you can schedule assessment at a convenient time.

ALBURNETT COMMUNITY SCHOOLS

Contact Person: Anna Strand, School Nurse, RN, BSN

131 Roosevelt Street, PO Box 189

Alburnett, IA 52302

Phone: (319) 842-2261

Fax: (319) 842-2398

E-mail: astrand@alburnett.k12.ia.us

Assessment method: Skinfold measurements.

Maximum distance: The assessor prefers to only assess wrestlers from Alburnett High School.

ALGONA COMMUNITY SCHOOLS

Contact Person: Dan Schreiber, Physical Education Instructor

803 East Call

Algona, IA 50511

Phone: (515) 295-9021

Fax: (515) 295-9448

E-mail: dschreiber@netamumail.com

Assessment method: Skinfold measurements.

Cost: Maximum \$7.00 per wrestler if the assessor travels to the school, plus \$.42 per mile, and maximum \$7.00 per wrestler if the wrestlers travel to the agency.

Maximum distance: The assessor will travel approximately 60 miles from Algona.

ASPEN THERAPY & WELLNESS CENTER

Contact Person: Tanya Pohlman

3207 220th Trail

Amana, IA 52203

Phone: (319) 622-3551

Fax: (319) 622-6352

E-mail: aspen@southslope.net

Assessment method: Skinfold Measurements

Cost: Maximum \$8.00 per wrestler if the assessor travels to the school, plus \$.40 per mile, and maximum \$9.00 per wrestler if the wrestlers travel to the agency.

Maximum distance: The assessor will travel approximately 20 miles from Amana.

BRUHL CHIROPRACTIC OFFICE

Contact Person: Brad Bruhl, DC

501 Main Street

Ames, IA 50010

Phone: (515) 232-6171

Fax: (515) 232-2295

E-mail: bruhldrb@aol.com

Assessment method: Skinfold Measurements

Cost: Maximum \$8.00 per wrestler if the assessor travels to the school and maximum \$8.00 per wrestler if the wrestlers travel to the agency.

Maximum distance: The assessor prefers to assess only local wrestlers.

ANAMOSA HIGH SCHOOL

Contact Person: Christina Ditch, Physical Education Instructor

209 Sadie Street

Anamosa, IA 52205

Phone: (319) 462-3594

Fax: (319) 462-2503

E-mail: cditch@anamosa.k12.ia.us

Assessment method: Skinfold measurements.

Cost: Maximum \$7.00 per wrestler if the assessor travels to the school, plus a mileage rate of \$25.00 per trip..

Maximum distance: The assessor will travel approximately 20 miles from Anamosa.

PHYSIOTHERAPY ASSOCIATES

Contact Person: Troy Kleese, LAT

1555 SE Delaware Avenue

Ankeny, IA 50021

Phone: (515) 963-8723

Fax: (515) 963-8755

E-mail: troy.kleese@stryker.com

Assessment method: Skinfold measurements.

Cost: Maximum \$10.00 per wrestler if the assessor travels to the school, plus \$.44 per mile, and maximum \$10.00 if the wrestlers travel to the agency.

Maximum distance: The assessor will travel approximately 20 miles from Ankeny.

STARMONT COMMUNITY SCHOOLS

Contact Person: Ruth Goldenstein, RN

3202 40th Street

Arlington, IA 50606

Phone: (563) 933-2238

Fax: (563) 933-2134

E-mail: rgoldenstein@starmont.k12.ia.us

Assessment method: Skinfold measurements or Tanita Professional Series Scale/Body Composition Analyzer.

Maximum distance: The assessor prefers to only assess wrestlers from Starmont High School.

BETTENDORF HIGH SCHOOL

Contact Person: Paul FLynn, LAT or Eric Knudson, LAT

3333 18th Street

Bettendorf, IA 52272

Phone: (563) 332-4516

Fax: (563) 332-8671

E-mail: bhsatc@bettendorf.k12.ia.us

Assessment method: Tanita Professional Series Scale/Body Composition Analyzer or skinfold measurements.

Maximum distance: The assessors prefer to only assess wrestlers from Bettendorf High School.

KINCART PHYSICAL THERAPY SERVICES

Contact Person: Brian Sharp, PT, LAT

PO Box 145

Bloomfield, IA 52537

Phone: (641) 664-7086

Fax: (641)-664-3846

E-mail: kincarttherapy@daviscountyhospital.org

Assessment method: Skinfold measurements.

Maximum distance: The assessor prefers to only assess wrestlers from Davis County High School.

BOONE HIGH SCHOOL

Contact Person: Rick Davis, MS, Exercise Physiology Teacher

500 7th Street

Boone, IA 50036

Phone: (515) 433-0995 Ext. 245

Fax: (515) 433-0989

E-mail: rdavis@boone.k12.ia.us

Assessment method: Skinfold measurements.

Maximum distance: The assessor prefers to only assess wrestlers from Boone High School.

KUEMPER CATHOLIC HIGH SCHOOL

Contact Person: Monica Steinborn, LAT

109 South Clark Street

Carroll, IA 51401

Phone: (712) 830-8984

Fax:

E-mail: msteinborn@kuemper.org

Assessment method: Skinfold measurements.

Cost: The assessor prefers to assess only Kuemper High School wrestlers.

ST. ANTHONY REGIONAL HOSPITAL

Contact Person: Steve Schable, LAT

Physical Therapy Department

311 South Clark Street

Carroll, IA 51401

Phone: (712) 792-8212

Fax: (712) 792-2124

E-mail: sschable@stanthonyhospital.org

Assessment method: Skinfold measurements.

Cost: Maximum \$8.00 per wrestler if the assessor travels to the school, plus \$.40 per mile, and maximum \$8.00 per wrestler if the wrestlers travel to the agency.

Maximum distance: The assessor will travel approximately 30 miles from Carroll.

CEDAR FALLS HIGH SCHOOL

Contact Person: Pete Watters, LAT

1015 Division Street

Cedar Falls, IA 50613

Phone: (319) 553-2535

Fax: (319) 277-6223

E-mail: h2obrothers@aol.com

Assessment method: Skin fold measurements.

Maximum distance: The assessor prefers to only assess wrestlers at Cedar Falls High School.

UNI YOUTH FITNESS AND OBESITY INSTITUTE

Contact Person: Kevin Finn, Ph.D., FACSM

University of Northern Iowa

127 Wellness/Recreation Center

Cedar Falls, IA 50614-0241

Phone: (319) 273-5921

Fax: (319) 273-5958

E-mail: kevin.finn@uni.edu

Assessment method: Skinfold measurements, Tanita Body Composition Analyzer, or Bob Pod at agency only

Cost: Maximum \$10.00 per wrestler if the assessor travels to the school, plus \$.28 per mile over 100 miles round trip, and \$10.00 per wrestler if the wrestlers travel to the agency.

Maximum distance: The maximum distance the assessor will travel is approximately 150 miles.

LINN COUNTY PHYSICAL THERAPY

Contact Person: Kevin Lux, PT

1825 29th Street, NE, Suite C

Cedar Rapids, IA 52402

Phone: (319) 362-6994

Fax: (319) 368-3399

E-mail: kmlux@lcpt.org

Assessment method: Skinfold measurements.

Cost: Maximum \$7.00 per wrestler if the assessor travels to the school, plus \$.35 per mile, and maximum \$5.00 per wrestler if the wrestlers travel to the agency.

Maximum distance: The maximum distance the assessor will travel from Cedar Rapids is 30 miles.

MERCY FITNESS CENTER

Contact Person: Kathy Keane

5264 Council Street, NE

Cedar Rapids, IA 52402

Phone: (319) 221-8877

Fax: (319) 398-6543

E-mail: kkeane@mercycare.org

Assessment method: Skinfold Measurements.

Cost: Maximum \$7.50 per wrestler if the assessor travels to the school , plus \$.485 per mile, and maximum \$7.50 per wrestler if the wrestlers travel to the agency.

Maximum distance: The maximum distance the assessor will travel from Cedar Rapids is approximately 60 miles.

JEFFERSON HIGH SCHOOL

Contact Person: Jason Lewis, LAT

1243 20th Street, SW

Cedar Rapids, IA 52404

Phone: (319) 521-3338

Fax: (319)

E-mail: jlew@mchsi.com

Assessment method: Skinfold measurements.

Cost: The assessor prefers to only assess wrestlers at Cedar Rapids, Jefferson High School.

PHYSIOTHERAPY ASSOCIATES - East Clinic

Contact Person: Diana Brandt, LAT

4700 Tama Street, SE - Suite 700

Cedar Rapids, IA 52403

Phone: (319) 447-0700

Fax: (319) 447-0808

E-mail:

Assessment method: Skinfold measurements.

Cost: Maximum \$10.00 per wrestler if the assessor travels to the school, plus \$.48 per mile, and maximum \$10.00 if the wrestlers travel to the agency.

Maximum distance: The assessor will travel approximately 50 miles from Cedar Rapids.

PHYSIOTHERAPY ASSOCIATES

Contact Person: Ashlee Fandel, PT

61220 Jacolyn Drive, Sw

Cedar Rapids, IA 52404

Phone: (319) 396-0222

Fax: (319) 396-1525

E-mail: ashlee.fandel@stryker.com

Assessment method: Skinfold measurements.

Cost: Maximum \$10.00 per wrestler if the assessor travels to the school, plus \$.48 per mile, and maximum \$10.00 if the wrestlers travel to the agency.

Maximum distance: The assessor will travel approximately 50 miles from Cedar Rapids.

ST. LUKE'S SPORTS MEDICINE CENTER

Contact Person: Chris Pickering, LAT

1026 A Avenue, NE

Cedar Rapids, IA 52402

Phone: (319) 369-8919

Fax: (319) 369-8251

E-mail: pickercd@crstlukes.com

Assessment method: Skinfold measurements.

Cost: Maximum \$7.00 per wrestler if the assessor travels to the school, plus \$.50 per mile, and maximum \$7.00 per wrestler if the wrestlers travel to the agency.

Maximum distance: The assessor will travel approximately 60 miles from Cedar Rapids.

ST. LUKE'S SPORTS MEDICINE CENTER

Contact Person: Jill Hendricks, LAT

7313 North Park Place, NE

Cedar Rapids, IA 52402

Phone: (319) 447-3106

Fax: (319)

E-mail: jhendricks@linnmar.k12.ia.us

Assessment method: Skinfold measurements.

Cost: Maximum \$7.00 per wrestler if the assessor travels to the school, plus \$.50 per mile, and maximum \$7.00 per wrestler if the wrestlers travel to the agency.

Maximum distance: The assessor will travel approximately 30 miles from Cedar Rapids.

LUCAS COUNTY HEALTH CENTER

Contact Person: Joel Petty, LAT

1200 North 7th Street

Chariton, IA 50049

Phone: (641) 774-3213

Fax: (641) 774-3284

E-mail: jpetty@lchcia.com

Assessment method: Skinfold measurements or Tanita Professional Series Scale/Body Composition Analyzer.

Cost: Maximum per wrestler if the assessor travels to the school is \$10.00, plus \$.40 per mile, and maximum \$10.00 per wrestler if the wrestlers travel to the agency.

Maximum distance: The assessor will travel approximately 30 miles from Chariton.

SPECIAL MEDICAL SERVICES

Contact Person: Bret Kruthoff, PT, LAT

800 11th Street

Charles City, IA 50616

Phone: (641) 228-6344

Fax: (641) 257-4339

E-mail: smscorp@fiai.net

Assessment method: Skinfold measurements.

Cost: Maximum \$5.00 per wrestler if the assessor travels to the school, plus \$.40 per mile, and maximum \$5.00 per wrestler if the wrestlers travel to the agency.

Maximum distance: The assessor will travel approximately 30 miles from Charles City.

CHEROKEE REGIONAL MEDICAL CENTER

Contact Person: Jodi Schlicting, LAT

320 Sioux Valley Drive

Cherokee, IA 51012

Phone: (712) 261-0597

Fax: (712) 225-2173

E-mail: jodi@sequinbridalboutique.com

Assessment method: Skinfold measurements.

Cost: No charge for assessing local wrestlers.

Maximum distance: The assessor prefers to assess only local wrestlers.

CLINTON HIGH SCHOOL

Contact Person: Kurt Flathers, BS, LAT

817 8th Avenue, South

Clinton, IA 52732

Phone: (563) 243-7540 Ext. 7130

Fax:

E-mail: kflathers@clintonia.org

Assessment method: Skinfold measurements.

Cost: Maximum \$4.00 per wrestler if the assessor travels to the school and maximum \$4.00 per wrestler if the wrestlers travel to the agency.

Maximum distance: The assessor will travel approximately 30 miles from Clinton.

COLUMBUS MEDICAL CENTER

Contact Person: Dr. Brian Masonholder, DO

109 East Walnut Street

Columbus Junction, IA 52738

Phone: (319) 728-2429

Fax: (319) 728-7600

E-mail:

Assessment method: Skinfold measurements.

Cost: Maximum \$10.00 per wrestler if the if the assessor travels to the school.

Maximum distance: The assessor prefers to assess only local wrestlers.

PERFORMANCE THERAPIES, PC

Contact Person: Molly Camacho, PT, LAT

2590 Holiday Road, Suite 10

Coralville, IA 52241

Phone: (319) 625-3030

Fax: (319) 625-3032

E-mail: mollyptatc@yahoo.com

Assessment method: Skinfold measurements.

Cost: Maximum \$6.00 per wrestler if the assessor travels to the school, plus \$.44½ per mile, and maximum \$6.00 per wrestler if the wrestlers travel to the agency.

Maximum distance: The assessor will travel approximately 40 miles from Coralville.

JENNIE EDMUNDSON SPORTS MEDICINE TEAM

Contact Person: Dave Byrne, LAT

900 Woodbury Ave.

Council Bluffs, IA 51503

Phone: (712) 322-8307

Fax: (712) 328-3224

E-mail:

Assessment method: Skinfold measurements.

Cost: Maximum \$9.00 per wrestler if the assessor travels to the school.

Maximum distance: The assessor will travel approximately 60 miles from Council Bluffs.

GREATER REGIONAL MEDICAL CENTER

Contact Person: Nancy Anthony, RN, Health Promotions Director

1610 West Townline, Suite 150

Creston, IA 50801

Phone: (641) 782-3518

Fax: (641) 782-3894

E-mail: nancya@greaterregional.org

Assessment method: Near-Infrared Body Composition Analyzer - Futrex 5000A/WL.

Cost: Maximum \$10.00 per wrestler if the assessor travels to the school, plus \$.44 per mile, and maximum \$10.00 per wrestler if the wrestlers travel to the agency.

Maximum distance: The assessor will travel approximately 60 miles from Creston.

JOBGEN, BEN, PT, CSCS

806 North Meadows Court

Davenport, IA 52806

Phone: (563) 386-3251

Fax:

E-mail: bjobgen@workfitness.com

Assessment method: Skin fold measurements.

Cost: Maximum \$5.00 per wrestler if the assessor travels to the school.

Maximum distance: The assessor will travel approximately 50 miles from Davenport.

DAVENPORT CENTRAL HIGH SCHOOL

Contact Person: Steve Knoche, LAT

1120 North Main Street

Davenport, IA 52803

Phone: (563) 323-9900

Fax: (563) 323-3110

E-mail: knoches@davenportschools.com

Assessment method: Tanita Professional Series Body Composition Analyzer/Scale.

Maximum distance: The assessor prefers to only assess wrestlers from Central High School.

PLAZA PHYSICAL THERAPY

Contact Person: Megan Avesing, LAT

3385 Dexter Court, Suite 301

Davenport, IA 52807

Phone: (563) 344-6645

Fax: (563) 441-7796

E-mail: avesingmegan@machlink.com

Assessment method: Tanita Professional Series Scale/Body Composition Analyzer.

Cost and travel are negotiable.

TEAM REHAB

Contact Person: Derek Rausch, LAT

516 Montgomery Street

Decorah, IA 52101

Phone: (563) 382-4770

Fax: (563) 382-4785

E-mail: team@teamrehab.org

Assessment method: Skinfold measurements.

Cost: *Cost:* Maximum \$5.00 per wrestler if the assessor travels to the school, plus \$.40 per mile, and maximum \$5.00 per wrestler if the wrestlers travel to the agency.

Maximum distance: The assessor will travel approximately 50 miles from Decorah.

WINNESHIEK MEDICAL CENTER

Contact Person: Kelli Blum, LAT

901 Montgomery Street

Decorah, IA 52101

Phone: (563) 387-3031

Fax: (563) 387-3021

E-mail: blumk@winmedical.org

Assessment method: Skinfold measurements.

Cost: Maximum \$5.00 per wrestler if the assessor travels to the school, plus \$.37 per mile, and maximum \$5.00 per wrestler if the wrestlers travel to the assessor.

Maximum distance: The assessor will travel approximately 40 miles from Decorah.

ACCELERATED REHABILITATION CENTERS - DES MOINES

Contact Person: Joel O'Dell, LAT

2918 East University Avenue

Des Moines, IA 50317

Phone: (515) 265-8272

Fax: (515) 265-0176

E-mail: jodell@acceleratedrehab.com

Assessment method: Skinfold measurements.

Cost: *Cost:* Maximum \$5.00 per wrestler if the assessor travels to the school, plus \$.40 per mile, and \$10.00 per wrestler if the wrestlers travel to the agency.

Maximum distance: The assessor will travel approximately 30 miles from Des Moines.

CENTRAL CLINTON COMMUNITY SCHOOLS

Contact Person: Sue Hasenmiller, School Nurse

PO Box 110

DeWitt, IA 52742

Phone: (563) 659-0715

Fax: (563) 659-0714

E-mail: shasenmiller@central-clinton.k12.ia.us

Assessment method: Skinfold measurements.

Maximum distance: The assessor prefers to only assess wrestlers from Central Community Schools.

DUBUQUE COMMUNITY SCHOOLS

Contact Person: Megan Weber, LAT

Hempstead High School

3715 Pennsylvania Avenue

Dubuque, IA 52002

Phone: (563) 581-0141

Fax: (563) 552-5231

E-mail: megod13@hotmail.com

Assessment method: Skinfold measurements.

Cost: The assessor will assess local high school wrestlers at no charge.

WAHLERT HIGH SCHOOL

Contact Person: Dawn Potts, LAT

2005 Kane Street

Dubuque, IA 52002

Phone: (563) 583-9771

Fax: (563) 583-9775

E-mail: dpotts@wahlert.pvt.k12.ia.us

Assessment method: Skinfold measurements.

Cost & travel: The assessor prefers to only assess Wahlert High School wrestlers.

WRIGHT MEDICAL WELLNESS CENTER - EAGLE GROVE

Contact Person: Paul Hinz, LAT

801 SE 5th Street

Eagle Grove, IA 50533

Phone: (515) 448-4599

Fax: (515) 448-9871

E-mail: phinz@wrightmed.com

Assessment method: Skinfold measurements, Tanita Professional Series Body Composition Analyzer/Scale or hydrostatic weighing.

Cost: Maximum \$10.00 per wrestler if the assessor travels to the school, plus \$.42 per mile, and maximum \$10.00 per wrestler if the wrestlers travel to the agency.

Maximum distance: The assessor will travel approximately 20 miles from Eagle Grove.

WESTERN DUBUQUE COMMUNITY SCHOOLS

Contact Person: Susan Theisen, LAT

PO Box 379

Epworth, IA 52045

Phone: (563) 876-3442

Fax: (515) 876-5512

E-mail: stheisen@w-dubuque.k12.ia.us

Assessment method: Skinfold measurements.

Maximum distance: The assessor prefers to assess only local wrestlers.

MOREAU CHIROPRACTIC CLINIC

Contact Person: Bill Moreau, DC

1820 Central Avenue

Estherville, IA 51334

Phone: (712) 362-5236

Fax: (712) 362-5668

E-mail: dconline@myclearwave.net

Assessment method: Skinfold measurements.

Cost: Maximum \$5.00 per wrestler if the assessor travels to the school, plus \$.45 per mile, and maximum \$8.00 per wrestler if the wrestlers travel to the assessor.

Maximum distance: The assessor will travel approximately 30 miles from Estherville.

UPPER IOWA UNIVERSITY

Contact Person: Matt Rueckert, LAT

605 Washington Street

Fayette, IA 52142

Phone: (563) 425-5364

Fax: (563) 425-5334

E-mail: rueckertm@uiu.edu

Assessment method: Skinfold measurements.

Cost: Maximum \$10.00 per wrestler if the assessor travels to the school and maximum \$10.00 per wrestler if the wrestlers travel to the assessor.

Maximum distance: The assessor will travel approximately 20 miles from Fayette.

FOREST CITY CHIROPRACTIC & SPORTS CLINIC

Contact Person: James Brockhohn, DC

245 North Clark Street

Forest City, IA 50436

Phone: (641) 585-3032

Fax: (641) 585-2382

E-mail: fcsports@wctatel.net

Assessment method: Skin fold measurements.

Cost: Maximum \$5.00 per wrestler if the assessor travels to the school, plus \$.45 per mile, and a maximum \$5.00 if the wrestlers travel to the agency.

Maximum distance: The assessor will travel approximately 40 miles from Forest City.

ORTHOPAEDIC AND SPORTS MEDICINE SPECIALISTS, LLC

Contact Person: Dean Kirschenmann, LAT

2700 1st Avenue, South

Fort Dodge, IA 50501

Phone: 515-955-6767

Fax: 515-576-8581

E-mail: hm3doc03@yahoo.com

Assessment method: Skinfold measurements.

Cost: No charge for the original assessment of wrestlers at the school.

Maximum distance: The assessor will travel approximately 50 miles from Fort Dodge.

TRINITY REGIONAL MEDICAL CENTER / HIGHLAND PARK CENTER

Contact Person: Michelle Mann, LAT

821 South 25th Street

Fort Dodge, IA 50501

Phone: (515) 574-6919

Fax: (515) 573-8327

E-mail: tesdahlm@ihs.org

Assessment method: Skinfold measurements.

Cost: No charge for the original assessment of wrestlers at the school.

Maximum distance: The assessor will travel approximately 10 miles from Fort Dodge.

FORT MADISON COMMUNITY HOSPITAL

Contact Person: Jane Wentzien, PT

5445 Avenue O

Fort Madison, IA 52627

Phone: (319) 376-2072

Fax: (319) 376-2049

E-mail: jwentzien@fmchosp.com

Assessment method: Skinfold measurements.

Cost: The assessor will assess local wrestlers at no charge.

WOOD CHIROPRACTIC CLINIC

Contact Person: Scott Wood, DC

232 State Street

Garner, IA 50438

Phone: (641) 923-2059

Fax: (641) 923-2059

E-mail: homewood@trvnet.net

Assessment method: Skin fold measurements.

Cost: Maximum \$5.00 per wrestler if the assessor travels to the school.

Maximum distance: The assessor prefers to assess only local wrestlers.

21st CENTURY REHAB

Contact Person: Curtis Waddingham, LAT

270 SW 1st, Suite H

Grimes, IA 50111

Phone: (515) 986-9667

Fax: (515) 986-9642

E-mail: grimes@21stcenturyrehab.com

Assessment method: Skin fold measurements.

Cost: Maximum \$5.00 per wrestler if the assessor travels to the school and a maximum \$5.00 if the wrestlers travel to the agency.

Maximum distance: The assessor will travel approximately 15 miles from any clinic location.

GRINNELL REGIONAL MEDICAL CENTER

Contact Person: Tom Gallo, PT

1840 Prairie Street

Grinnell, IA 50112

Phone: (641) 236-2364

Fax: (641) 236-2489

E-mail: thomasg@iowatelecom.net

Assessment method: Skinfold measurements.

Cost: Maximum \$6.00 per wrestler if the assessor travels to the school and a maximum \$10.00 if the wrestlers travel to the agency.

Maximum distance: The assessor will travel approximately 25 miles from Grinnell.

TOTAL REHAB - ORTHOPAEDIC & SPORTS SPECIALISTS

Contact Person: Stacey Alberts, PT

Southview Plaza, Suite #4

234 West Street, South

Grinnell, IA 50112

Phone: (641) 236-4506

Fax: (641) 236-4316

E-mail: stacey@totalrehab-pt.com

Assessment method: Skin fold measurements.

Cost: Maximum \$7.00 per wrestler if the assessor travels to the school, plus \$.50 per mile, and a maximum \$5.00 if the wrestlers travel to the agency.

Maximum distance: The assessor will travel approximately 30 miles from Grinnell.

GUTHRIE COUNTY HOSPITAL

Contact Person: Sheyrl Clark, BS, PT

710 North 12th

Guthrie Center, IA 50115

Phone: (641) 332-3810

Fax: (641) 332-3809

E-mail: sheyrlc@gcho.org

Assessment method: Skin fold measurements.

Cost: Maximum \$10.00 per wrestler if the assessor travels to the school, plus \$.48½ per mile, and a maximum \$10.00 if the wrestlers travel to the agency.

Maximum distance: The assessor will travel approximately 30 miles from Guthrie Center.

FAMILY MEDICINE ASSOCIATES

Contact Person: Dr. Jeff Hoffmann, DO

PO Box 370

Guttenberg, IA 52052

Phone: (563) 252-2141

Fax: (563) 252-9013

E-mail: fma@alpinecom.net

Assessment method: Skinfold measurements.

Cost: Maximum \$10.00 per wrestler if the assessor travels to the school, plus \$.40 per mile, and maximum \$8.00 per wrestler if the wrestlers travel to the agency.

Maximum distance: The assessor will travel approximately 25 miles from Guttenberg.

MYRTUE MEDICAL CENTER PHYSICAL THERAPY

Contact Person: Darla Miller, PTA

1213 Garfield Avenue

Harlan, IA 51537

Phone: (712) 755-4342

Fax: (712) 755-4343

E-mail: ptot@myrtuemedical.org

Assessment method: Skinfold measurements.

Cost: Maximum \$8.00 per wrestler if the assessor travels to the school, plus \$.38 per mile, and maximum \$8.00 per wrestler if the wrestlers travel to the agency.

Maximum distance: The assessor will travel approximately 50 miles from Harlan.

WHITMER SPINE AND SPORTS CHIROPRACTIC

Contact Person: Jamie Whitmer, DC

PO Box 190

Holstein, IA 51025

Phone: 712-368-4547

Fax: 712-368-4702

E-mail: whitmerjamie@yahoo.com

Assessment method: Tanita Professional Series Scale/Body Composition Analyzer.

Cost: Maximum \$2.00 per wrestler if the assessor travels to the school, plus \$10.00 per trip, and maximum \$5.00 per wrestler if the wrestlers travel to the agency.

Maximum distance: The assessor will travel approximately 50 miles from Holstein.

MILLENNIUM THERAPY

Contact Person: Jill Kuyava, MSPT

305 5th Street, PO Box 246

Hudson, IA 50643

Phone: (319) 988-4040

Fax: (319) 988-4042

E-mail: hudsonclinic@milleniumtherapy.com

Assessment method: Skinfold measurements.

Cost: Maximum \$10.00 per wrestler if the wrestlers travel to the agency.

HUMBOLDT COUNTY MEMORIAL HOSPITAL

Contact Person: Daryl Short, PT

1000 North 15th Street

Humboldt, IA 50548

Phone: (515) 332-4200

Fax: (515) 332-7620

E-mail: daryls@humboldthospital.org

Assessment method: Skin fold measurements.

Cost: Maximum \$10.00 per wrestler if the assessor travels to the school and maximum \$10.00 per wrestler if the wrestlers travel to the agency.

Maximum distance: The assessor will travel approximately 25 miles from Humboldt.

HUXLEY PHYSICAL THERAPY

Contact Person: Rob Drew, PT, LAT

PO Box 298

Huxley, IA 50124

Phone: (515) 597-3726

Fax: (515) 597-3727

E-mail: rob@huxleypt.com

Assessment method: Skinfold measurements.

Cost: There is no charge for local wrestlers.

Maximum distance: The assessor will travel approximately 10 miles from Huxley.

BUCHANAN COUNTY HEALTH CENTER

Contact Person: John Eikennberry, PT, LAT

1600 1st Street, SE

Independence, IA 50644

Phone: 319-334-6071

Fax: 319-334-6149

E-mail: ikesters@iwon.com

Assessment method: Skinfold measurements.

Cost: Free to Buchanan wrestlers.

Maximum distance: The assessor will travel approximately 25 miles from Independence.

MILLENNIUM THERAPY

Contact Person: Kalika Staker, PTA

2300 Swan Lake Blvd, Suite 103

Independence, IA 50644

Phone: (319) 334-5155

Fax: (319) 334-6166

E-mail: mrehab-ind@indytel.com

Assessment method: Skinfold measurements.

Cost: Maximum \$10.00 per wrestler if the assessor travels to the school, plus \$.35 per mile, and maximum \$10.00 per wrestler if the wrestlers travel to the agency.

Maximum distance: The assessor will travel approximately 30 miles from Independence.

SIMPSON COLLEGE

Contact Person: Nicolle Whalen, LAT

701 North C Street

Indianola, IA 50125

Phone: (515) 961-1753

Fax: (515) 961-1279

E-mail: nicole.whalen@simpson.edu

Assessment method: Skinfold measurements.

Cost: Cost: Maximum \$8.00 per wrestler if the assessor travels to the school, plus \$.45 per mile, and maximum \$6.00 per wrestler if the wrestler travels to the agency.

Maximum distance: The assessor will travel approximately 30 miles from Indianola.

IOWA CITY COMMUNITY SCHOOLS

Contact Person: Jennifer McHenry, BA, LAT

509 South Dubuque Street

Iowa City, IA 52240

Phone: (319) 688-1000

Fax:

E-mail: mchenry.jennifer@iccsd.k12.ia.us

Assessment method: Skinfold measurements.

Maximum distance: The assessor prefers to only assess wrestlers from Iowa City Community Schools.

PROGRESSIVE REHABILITATION ASSOCIATES, LLC

Contact Person: Reed Trettin, LAT

2401 Towncrest Drive

Iowa City, IA 52240

Phone: (319) 354-2429

Fax: (319) 354-6100

E-mail: reedtrettin@hotmail.com

Assessment method: Skinfold measurements.

Cost: Maximum \$7.00 per wrestler if the assessor travels to the school, plus \$.40 per mile, and maximum \$5.00 per wrestler if the wrestlers travel to the agency.

Maximum distance: The assessor will travel approximately 50 miles from Iowa City.

ELLSWORTH COMMUNITY HOSPITAL

Contact Person: Emily Kruckenberg, RN, BA

Education Director/Community & Occupational Health Director

110 Rocksylvana

Iowa Falls, IA 50126

Phone: (641) 648-7006

Fax: (641) 648-7069

E-mail: kruckene@mercyhealth.com

Assessment method: Near-Infrared Body Composition Analysis - Futrex 5000 A/WL.

Cost: Maximum \$10.00 per wrestler if the assessor travels to the school and maximum \$5.00 per wrestler if the wrestlers travel to the agency.

Maximum distance: The assessor will travel approximately 25 miles from Iowa Falls.

JEFFERSON-SCRANTON COMMUNITY SCHOOLS

Contact Person: Jolene Peters, RN

101 Ram Drive

Jefferson, IA 50129

Phone: (515) 386-3178

Fax: (515) 386-3483

E-mail: jpeters@jefferson-scranton.k12.ia.us

Assessment method: Near-Infrared Body Composition Analysis - Futrex 5000 A/WL.

Cost: The assessor prefers assessing only wrestlers from Jefferson-Scranton High School.

KEOKUK CHIROPRACTIC & SPORTS INJURY CENTER

Contact Person: Dennis Wolter, DC

924 Main

Keokuk, IA 52632

Phone: (319) 524-0905

Fax: (319) 524-0904

E-mail: dewolter@yahoo.com

Assessment method: Tanita Professional Series Body Composition Analyzer/Scale.

Cost: Maximum \$10.00 per wrestler if the wrestlers travel to the agency.

Maximum distance: The assessor will travel approximately 10 miles from Keokuk.

VAN BUREN COUNTY HOSPITAL

Contact Person: Denise Carlson, RN

Van Buren Community Schools

304 Franklin

Keosauqua, IA 52565

Phone: (319) 293-3171

Fax: (319) 293-6417

E-mail: denise.carlson@vbch.org

Assessment method: Skinfold measurements.

Cost: There is no charge for assessing local wrestlers..

Maximum distance: The assessor will travel approximately 2 miles from Keosauqua.

ASSOCIATED THERAPY SERVICES CORPORATION

Contact Person: Scott Evans, PT

1010 East Montgomery Street

Knoxville, IA 50138

Phone: (641) 842-1464

Fax: (641) 842-1470

E-mail: sevans@kach.org

Assessment method: Near-Infrared Body Composition Analysis - Futrex 5000 A/WL.

Cost: Maximum \$9.00 per wrestler if the assessor travels to the school and maximum \$9.00 per wrestler if the wrestlers travel to the agency.

Maximum distance: The assessor will travel approximately 40 miles from Knoxville.

SOUTHERN CAL HIGH SCHOOL

Contact Person: Kathy Beckman, School Nurse

709 West Main Street

Lake City, IA 51449

Phone: (712) 464-7211

Fax: (712) 464-1012

E-mail: kathy_beckman@southern-cal.k12.ia.us

Assessment method: Tanita Professional Series Body Composition Analyzer/Scale.

Maximum distance: The assessor prefers to only assess wrestlers from Southern Cal and Rockwell City-Lytton High Schools.

THERAPEUTIC HEALTH SERVICES, INC.

Contact Person: Anthony Peyton, PT

Box 10, Highway 3, East

LeMars, IA 51031

Phone: (712) 546-3377

Fax: (712) 546-3472

E-mail: anthony.peyton@floydvalleyhospital.org

Assessment method: Skinfold measurements or hydrostatic (underwater) weighing.

Cost: Maximum \$5.00 per wrestler if the assessor travels to the school, plus \$.40 per mile, and maximum \$5.00 per wrestler if the wrestler travels to the agency.

Maximum distance: The assessor will travel approximately 20 miles from LeMars..

DECATUR COUNTY HOSPITAL

Contact Person: Alyssa Clark, PT

1405 NW Church Street

Leon, IA 50144

Phone: (641) 446-2219

Fax: (641) 446-2209

E-Mail: aclark@decaturcountyhospital.org

Assessment method: Skinfold measurements.

Cost: Maximum \$5.00 per wrestler if the assessor travels to the school, plus \$.40 per mile, and maximum \$5.00 per wrestler if the wrestlers travel to the agency.

Maximum distance: The assessor will travel approximately 30 miles from Leon.

MELON CITY FITNESS

June Anne Gaeta, LAT

1908 Highway 61, South

Letts, IA 52754

Phone: (319) 726-4029

Fax: (319) 726-4029

E-mail: juneanne@iowatelecom.net

Assessment method: Tanita Professional Series Body Composition Analyzer/Scale.

Cost: Maximum \$10.00 per wrestler if the assessor travels to the school, plus \$.48 per mile and maximum \$10.00 if the wrestlers travel to the agency.

Maximum distance: The assessor will travel approximately 50 miles from Letts.

ACCELERATED REHABILITATION

Contact Person: Michael Twomey, PT

108 Ray's Court

Manchester, IA 52057

Phone: (319) 361-9486

Fax: (319) 927-6131

E-mail: m.twomey@mchsi.com

Assessment method: Skin fold measurements.

Cost: Maximum \$5.00 per wrestler if the assessor travels to the school, plus \$.45 per mile, and maximum \$5.00 per wrestler if the wrestlers travel to the assessor.

Maximum distance: The assessor will travel approximately 50 miles from Manchester.

REGIONAL MEDICAL CENTER OF NORTHEAST IOWA & DELAWARE COUNTY

Contact Person: Jeff McCormick, LAT

709 West Main Street

Manchester, IA 52057

Phone: (319) 927-7311

Fax: (319) 927-7510

E-mail:

Assessment method: Skinfold measurements.

Cost: Maximum \$10.00 per wrestler if the assessor travels to the school, plus \$.50 per mile, and maximum \$10.00 per wrestler if the wrestlers travel to the agency.

Maximum distance: The assessor will travel approximately 30 miles from Manchester.

WEST DELAWARE COMMUNITY SCHOOLS

Contact Person: Julie Wilson, RN

601 New Street

Manchester, IA 52057

Phone: 563-927-5002

Fax: 563-927-5514 or 563-927-6222

E-mail: jwilson@w-delaware.k12.ia.us

Assessment method: Tanita Professional Series Body Composition Analyzer/Scale.

Cost: No charge for local wrestlers.

KOOB, DR. PAUL, DO

Contact Person: Dr. Paul Koob, DO

808 Vine

Maquoketa, IA 52060

Phone: (563) 357-2921

Fax: (563) 652-2109

E-mail: pkoob67@msn.com

Assessment method: Skinfold measurements.

Maximum distance: The assessor prefers to only assess wrestlers from Maquoketa High School.

LINN-MAR HIGH SCHOOL SPORTS MEDICINE

Contact person: Jill Hendricks, LAT

3111 North 10th Street

Marion, IA 52302

Phone: (319) 447-3106

Fax: (319) 373-6718

E-mail: jhendricks@linnmar.k12.ia.us

Assessment method: Skinfold measurements.

Cost: The assessor prefers to assess only Linn-Mar High School athletes.

MMSC REHABILITATION CENTER

Contact Person: Gary Williamson, LAT

1902 South Center Street

Marshalltown, IA 50158

Phone: (641) 754-6120

Fax: (641) 754-5019

E-mail: gwilliamson@marshmed.com

Assessment method: Skinfold measurements.

Cost: Maximum \$5.00 per wrestler if the assessor travels to the school, plus \$.48 ½ per mile, and maximum \$5.00 if the wrestlers travel to the agency.

Maximum distance: The assessor will travel approximately 50 miles from Marshalltown.

SPORTSPUS PLUS SPORTS MEDICINE & PHYSICAL THERAPY

Contact Person: Brett Hand, LAT

32 East Main Street

PO Box 474

Marshalltown, IA 50158

Phone: (641) 753-6636

Fax: (641) 753-1005

E-mail: sportspluspt@dybb.com

Assessment method: Skinfold measurements.

Cost: Maximum \$5.00 per wrestler if the assessor travels to the school, plus \$45 per mile, and maximum \$5.00 per wrestler if the wrestlers travel to the agency.

Maximum distance: The assessor will travel approximately 35 miles from Marshalltown.

MERCY MEDICAL CENTER, NORTH IOWA

Contact Person: Chris Trytten, MSE, LAT

1501 4th Street

Mason City, IA 50401

Phone: (641) 422-5964

Fax: (641) 422-6484

E-mail: sportsmed@mercyhealth.com

Assessment method: Near-Infrared Body Composition Analysis - Futrex 5000A/WL.

Cost: Maximum \$10.00 per wrestler if the assessor travels to the school, plus \$.41 per mile, and maximum \$10.00 per wrestler if the wrestlers travel to the agency .

Maximum distance: The assessor will travel approximately 50 miles from Mason City.

RINGGOLD COUNTY HOSPITAL

Contact Person: Linda Winkler, PT

211 Shellway Drive

Mount Ayr, IA 50854

Phone: (641) 464-4428

Fax: (641) 464-4412

E-mail:

Assessment method: Skinfolds or Futrex Near-Infrared Body Composition Analyzer.

Cost: Maximum \$6.00 per wrestler if the assessor travels to the school and \$6.00 per wrestler if the wrestlers travel to the agency.

Maximum distance: The assessor prefers to only assess wrestlers from Mount Ayr High School.

HENRY COUNTY HEALTH CENTER

Contact Person: Vince Klopfenstein, LAT

407 South White

Mount Pleasant, IA 52641

Phone: (319) 385-6103

Fax: (319) 385-6132

E-mail:

Assessment method: Skinfold measurements.

Cost: Maximum \$5.00 per wrestler if the assessor travels to the school and maximum \$5.00 per wrestler if the wrestlers travel to the agency .

Maximum distance: The assessor will travel approximately 20 miles from Mount Pleasant.

IOWA PHYSICAL THERAPY

Contact Person: Jeremy Elliot, PTA, LAT

108 1st Street

Mount Vernon, IA 52314

Phone: (319) 895-4085

Fax: (319) 895-8013

E-mail: mvelliot@netzero.net

Assessment method: Skinfold measurements.

Cost: Maximum \$5.00 per wrestler if the assessor travels to the school, plus \$.40 per mile.

Maximum distance: The assessor will travel approximately 30 miles from Mount Vernon.

LINDEN CHIROPRACTIC CLINIC

Contact Person: Byron Linden, DC

246 Main Street, PO Box 626

Moville, IA 51039

Phone: (712) 873-5111

Fax: (712) 873-5112

E-mail: blinden@netins.net

Assessment method: Skin fold measurements.

Cost: Maximum \$5.00 per wrestler if the assessor travels to the school, plus \$.30 per mile, and maximum \$5.00 per wrestler if the wrestlers travel to the agency.

Maximum distance: The assessor will travel approximately 30 miles from Moville.

MUSCATINE PHYSICAL THERAPY SERVICES

Contact Person: Steve Wieskamp, PT

2019 Cedarwood Drive, Suite 100

Muscatine, IA 52761

Phone: (563) 288-6787

Fax: (563) 288-6719

E-mail: Stephentwieskamp@machlink.com

Assessment method: Tanita Professional Series Body Composition Scale/Analyzer.

Cost: Negotiable

Maximum distance: The assessor will travel approximately 20 miles from Muscatine.

21ST CENTURY REHAB

Contact Person: Jason Horras, PT

630 6th Street

Nevada, IA 50201

Phone: (515) 382-2543

Fax: (515) 382-7171

E-mail: ptstaff@scmcnevada.org

Assessment method: Skinfold measurements.

Cost: Maximum \$10.00 per wrestler if the assessor travels to the school and maximum \$10.00 per wrestler if the wrestlers travel to the agency.

Maximum distance: Travel is negotiable.

DR. KELLY KADEL, DPM

2455 Racine Avenue

New London, IA 52645

Phone: (319) 367-5217

Fax: (319) 753-9976

E-mail: pod squad@interl.net

Assessment method: Skinfold measurements.

Cost: Maximum \$10.00 per wrestler if the assessor travels to the school, plus \$.34 per mile, and maximum \$10.00 per wrestler if the wrestlers travel to the agency.

Maximum distance: The assessor will travel approximately 30 miles from New London.

SKIFF SPORTS REHAB & PHYSICAL THERAPY

Contact Person: Laura Williamson, LAT

1730 1st Avenue, East

Newton, IA 50208

Phone: (641) 791-2300

Fax: (641) 791-0973

E-mail: lwilliamson@skiffmed.com

Assessment method: Skinfold measurements.

Cost: The assessor prefers to assess wrestlers at schools already contracted with Skiff Physical Medicine & Rehabilitation.

NORWALK COMMUNITY SCHOOL DISTRICT

Contact Person: Ryan Janssen, LAT

200 Cherry Street

Norwalk, IA 50211

Phone: (515) 981-0435

Fax:

E-mail: rjanssen@norwalk.k12.ia.us

Assessment method: Skinfold measurements.

Cost: The assessor prefers to assess only local wrestlers.

OELWEIN COMMUNITY SCHOOLS

Contact Person: Susan Crandall, Physical Education Instructor

315 8th Avenue, SE

Oelwein, IA 50662

Phone: 319-283-2731

Fax: 319-283-1689

E-mail: scrandall@oelwein.k12.ia.us

Assessment method: Tanita Professional Series Scale/Body Composition Analyzer.

Maximum distance: The assessor prefers to only assess wrestlers from Oelwein High School.

MOC-FLOYD VALLEY HIGH SCHOOL

Contact Person: Chris Krohn, LAT

615 8th Street, SE

Orange City, IA 51041

Phone: (712) 737-4871

Fax: (712) 737-3933

E-mail: ckrohn@moc-fv.k12.ia.us

Assessment method: Skinfold measurements or hydrostatic (underwater) weighing.

Cost: Maximum \$10.00 per wrestler if the assessor travels to the school, plus \$.25 per mile, and maximum \$10.00 per wrestler if the wrestler travels to the agency.

Maximum distance: The assessor will travel approximately 60 miles.

THERAPEUTIC HEALTH SERVICES, INC.

Contact Person: Mark Hulst, PT

1000 Lincoln Circle, SE

Suite 400

Orange City, IA 51041

Phone: (712) 737-5234

Fax: (712) 737-5287

E-mail: hulstm@ochealthsystem.org

Assessment method: Skinfold measurements or hydrostatic (underwater) weighing.

Cost: Maximum \$10.00 per wrestler if the assessor travels to the school and maximum \$10.00 per wrestler if the wrestler travels to the agency.

Maximum distance: The assessor prefers to assess only local wrestlers.

MAHASKA COUNTY HOSPITAL

Contact Person: Ryan Rowley, PT

1229 C Avenue, East

Oskaloosa, IA 52577

Phone: (641) 672-3306

Fax: (641) 672-3123

E-mail: rrowley@mahaskahospital.com

Assessment method: Tanita Body Composition Analyzer Scale.

Cost: Maximum \$8.00 per wrestler if the assessor travels to the school, plus \$.48 per mile.

Maximum distance: The assessor will travel approximately 20 miles from Oskaloosa.

WILLIAM PENN UNIVERSITY ATHLETIC TRAINING

Contact Person: Heather Milburn, LAT

201 Trueblood Avenue

Oskaloosa, IA 52577

Phone: (641) 673-1093

Fax: (641) 673-1373

E-mail: ericksonj@wmpenn.edu

Assessment method: Skinfold measurements.

Cost: Maximum \$8.00 per wrestler if the assessor travels to the school, plus \$.50 per mile, and maximum \$8.00 per wrestler if the wrestlers travel to the agency.

Maximum distance: The assessor will travel approximately 30 miles from Oskaloosa.

PELLA REGIONAL HEALTH CENTER

Contact Person: Amy Stevens, LAT

404 Jefferson

Pella, IA 50219

Phone: (641) 628-6623

Fax: (641) 621-2223

E-mail: astevens@pellahealth.org

Assessment method: Skinfold measurements.

Cost: Maximum \$7.50 per wrestler if the assessor travels to the school, plus \$.48 ½ per mile, and maximum \$7.50 per wrestler if the wrestlers travel to the agency.

Maximum distance: The assessor will travel approximately 60 miles from Pella.

SANFORD SHELDON MEDICAL CENTER

Contact Person: Donna Ihnen, PT, Director of Rehab & Wellness

PO Box 250, 118 North 7th Avenue

Sheldon, IA 51201

Phone: (712) 324-6153

Fax: (712) 324-6170

E-mail: ihnend@siouxvalley.org

Assessment method: Skin fold measurements.

Cost: Maximum per wrestler if the assessor travels to the school is \$3.00, plus \$.48½ per mile, and maximum \$2.00 per wrestler if the wrestlers travel to the agency.

Maximum distance: The assessor will travel approximately 45 miles from Sheldon.

SHENANDOAH MEDICAL CLINIC

Contact person: Nikki Carlson

300 Pershing

Shenandoah, IA 51601

Phone: (712) 246-7325

Fax: (712) 246-7416

E-mail: nikkicarlson@hotmail.com

Assessment method: Skin fold Measurements.

Cost: Maximum per wrestler if the assessor travels to the school is \$5.00 and maximum \$5.00 per wrestler if the wrestlers travel to the agency.

Maximum distance: The assessor will travel approximately 20 miles from Shendandoah..

SIBLEY FAMILY & SPORTS CHIROPRACTIC

Contact Person: Brian Saylor, DC

PO Box 193, 240 9th Street

Sibley, IA 51249

Phone: (712) 754-2794

Fax: (712) 754-4667

E-mail: bjsdchls@hickorytech.net

Assessment method: Skinfold measurements.

Cost: Maximum \$2.50 per wrestler if the assessor travels to the school, plus \$.46 per mile, and maximum \$2.00 if the wrestlers travel to the agency.

Maximum distance: The assessor will travel approximately 50 miles from Sibley.

SIOUX CENTER COMMUNITY HOSPITAL

Contact Person: Kim Nibbelink, RN

605 South Main Avenue

Sioux Center, IA 51250

Phone: (712) 722-8159

Fax: (712) 722-4109

E-mail: kim.nibbelink@schospital.org

Assessment method: Tanita Professional Series Body Composition Analyzer/Scale.

Cost: Maximum \$8.00 per wrestler if the assessor travels to the school, plus \$.46 per mile and maximum \$7.00 per wrestler if the wrestlers travel to the agency.

Maximum distance: The assessor will travel approximately 50 miles from Sioux Center.

ST. LUKE'S SPORTS MEDICINE

Contact Person: Brandon Marreel, LAT

2800 Pierce Street, Suite 102

Sioux City, IA 51104

Phone: (712) 255-9400

Fax: (712) 255-9490

E-mail: brmarr@stlukes.org

Assessment method: Skinfold measurements.

Cost: No charge for local wrestlers.

SCHWARTZ CHIROPRACTIC

Contact Person: Doug Schwartz, DC

PO Box 1334

Spencer, IA 51301

Clinic in Emmetsburg also.

Phone: (712) 852-8282

Fax: (712) 852-8028

E-mail: drdougdc@hotmail.com

Assessment method: Skinfold measurements.

Cost: Maximum \$10.00 per wrestler if the assessor travels to the school, plus \$40 ½ per mile, and maximum \$10 per wrestler if the wrestlers travel to the agency.

Maximum distance: The assessor will travel approximately 5 miles from Spencer and Emmetsburg..

SPORTS MEDICINE NORTHWEST

Contact Person: Jim Lonning, LAT

1200 1st Avenue, East, Suite C

Spencer, IA 51301

Phone: (712) 890-7746

Fax: (712) 379-1284

E-mail: cloneit@sportsmednorthwest.com

Assessment method: Skinfold measurements.

Cost: Maximum \$5.00 per wrestler if the assessor travels to the school and maximum \$5.00 per wrestler if the wrestlers travel to the agency.

Maximum distance: The assessor will travel approximately 50 miles from Spencer.

SPORTS ACCELERATION CENTER

Contact Person: Kyle Norris, LAT or Levi Markwardt, CPT

1350 Lake Street, PO Box 49

Spirit Lake, IA 51360

Phone: (712) 336-4040

Fax:

E-mail: saclevi@yahoo.com

Assessment method: Skin fold measurements.

Cost: Maximum \$10.00 per wrestler if the assessor travels to the school and maximum \$10.00 per wrestler if the wrestlers travel to the agency.

Maximum distance: The assessor will travel approximately 45 miles from Spirit Lake.

NORTH CEDAR HIGH SCHOOL

Contact Person: William Bails, Athletic Director

PO Box 247, 102 East North Street

Stanwood, IA 52337

Phone: (563) 942-3341

Fax: (563) 942-3596

E-mail: tlessmeier@north-cedar.k12.ia.us

Assessment method: Tanita Professional Series Body Composition Analyzer/Scale.

Cost: The assessor prefers to assess only local wrestlers.

SPORTS REHAB & PROFESSIONAL THERAPY ASSOCIATES

Contact Person: Megan Peterson, MS

315 West Fifth Street

Storm Lake, IA 50588

Phone: (712) 732-7724

Fax: (712) 732-1275

E-mail: mcooper55@hotmail.com

Assessment method: Skinfold measurements.

Cost: The assessor will only charge mileage to the schools at a rate of \$.40½ per mile..

Maximum distance: The assessor will travel approximately 75 miles from Storm Lake.

PEAK PERFORMANCE

Contact Person: Bob Reisz, LAT, CSCS

4137 120th Street

Urbandale, IA 50322

Phone: (515) 577-7901

Fax: (515) 278-0848

E-mail: rreisz@dowling.pvt.k12.ia.us

Assessment method: Skinfold measurements.

Cost: Maximum \$8.00 per wrestler if the assessor travels to the school, plus \$.45 per mile, and maximum \$5.00 per wrestler if the wrestlers travel to the agency.

Maximum distance: The assessor will travel approximately 50 miles from Urbandale.

VINTON FAMILY MEDICAL CLINIC

Contact Person: Shane Higgins, PA-C

504 North 9th Avenue

Vinton, IA 52349

Phone: (319) 472-6300

Fax: (319) 472-2524

E-mail: shiggins@vghinc.com

Assessment method: Skinfold measurements.

Cost: Maximum \$5.00 per wrestler if the assessor travels to the school.

Maximum distance: The assessor will travel approximately 30 miles from Vinton.

WASHINGTON PHYSICAL THERAPY SERVICES, PC

Contact Person: Eric Turner, PT, LAT

906 South 10th Avenue

Washington, IA 52353

Phone: (319) 653-5494

Fax: (319) 653-9016

E-mail: ptservices@iowatelecom.net

Assessment method: Skinfold measurements.

Cost: Maximum \$6.00 per wrestler if the assessor travels to the school, plus \$.36 per mile, and maximum \$6.00 per wrestler if the wrestler travels to the agency.

Maximum distance: The assessor will travel approximately 30 miles from Washington.

CEDAR VALLEY MEDICAL SPECIALISTS

Contact Person: Shantelle Weichers, LAT

1731 West Ridgeway Avenue

Waterloo, IA 50701

Phone: (319) 239-2738

Fax: (319) 268-0321

E-mail: shaniweichers@cfu.net

Assessment method: Skin fold measurements.

Cost: Maximum \$10.00 per wrestler if the assessor travels to the school and maximum \$8.00 per wrestler if the wrestlers travel to the agency.

Maximum distance: The assessor will travel approximately 30 miles from Cedar Falls..

COVENANT WELLNESS CENTER

Contact Person: Sheri Purdy

2101 Kimball Avenue

Waterloo, IA 50702

Phone: (319) 272-2285

Fax: (319) 272-2923

E-mail: sheri.purdy@wfhs.org

Assessment method: Skinfold measurements.

Cost: Maximum \$5.00 per wrestler if the assessor travels to the school, plus \$.41 per mile, and maximum \$5.00 per wrestler if the wrestlers travel to the agency.

Maximum distance: The assessor will travel approximately 60 miles from Waterloo.

VETERANS MEMORIAL HOSPITAL

Contact Person: Brad Krambeer, BS, LAT

40 1st Street, SW

Waukon, IA 52172

Phone: (563) 568-3411

Fax: (563) 568-6139

E-mail:

Assessment method: Skinfold measurements.

Cost: Maximum \$3.00 per wrestler if the assessor travels to the school, plus \$.40 per mile, and maximum \$3.00 per wrestler if the wrestlers travel to the agency.

Maximum distance: The assessor will travel approximately 30 miles from Waukon.

WAVERLY ORTHOPAEDIC & PHYSICAL THERAPY CENTER

Contact Person: Jerod Gayer, PT, LAT

312 9th Street, SW

Waverly, IA 50677

Phone: (319) 352-5644

Fax: (319) 352-4004

E-mail: jgayer@taylor-physicaltherapy.com

Assessment method: Skinfold measurements.

Cost: Maximum \$6.50 per wrestler if the assessor travels to the school, plus \$.35 per mile, maximum \$6.00 per wrestler if the wrestlers travel to the agency.

Maximum distance: The assessor will travel approximately 45 miles from Waverly.

WOLTZ PHYSICAL THERAPY

Contact Person: Jon Woltz, PT

413 West Bremer

Waverly, IA 50677

Phone: ((877) 352-0102

Fax: (319) 352-0104

E-mail: jonwoltz@hotmail.com

Assessment method: Skinfold measurements.

Cost: Maximum \$6.00 per wrestler if the assessor travels to the school, plus \$.30 per mile, maximum \$6.00 per wrestler if the wrestlers travel to the agency.

Maximum distance: The assessor will travel approximately 40 miles from Waverly.

NORTH CENTRAL CHIROPRACTIC

Contact Person: James Kumm, DC

639 Second Street

Webster City, IA 50595

Phone: (515) 832-2142

Fax: (515) 832-2142

E-mail: ncchiro@ncn.net

Assessment method: Tanita Professional Series Scale/Body Composition Analyzer.

Cost: Maximum per wrestler if the assessor travels to the school is \$10.00, plus \$.30 per mile, and maximum \$10.00 per wrestler if the wrestlers travel to the agency.

Maximum distance: The assessor will travel approximately 50 miles from Webster City.

GREAT RIVER MEDICAL CENTER

Contact Person: Sheena Teeter, LAT

1401-A West Agency Road

West Burlington, IA 52655

Phone: (319) 768-4158

Fax: (319) 768-4160

E-mail: steeter@grhs.net

Assessment method: Skinfold measurements.

Cost: The cost is negotiable.

Maximum distance: The assessor will travel approximately 45 miles from West Burlington

JAMESON ORTHOPAEDIC CLINIC, PC

Contact Person: Scott Leinbach, LAT

1225 South Gear Avenue, Suite 159

West Burlington, IA 52655

Phone: (319) 752-4553

Fax: (319) 752-7215

E-Mail: scottleinbachatc@yahoo.com

Assessment method: Skinfold measurements.

Cost: Maximum \$10.00 per wrestler if the assessor travels to the school, plus \$.43 per mile, and maximum \$10.00 per wrestler if the wrestlers travel to the agency.

Maximum distance: The assessor will travel approximately 50 miles from West Burlington.

EP TRUE CHIROPRACTIC

Contact Person: Kevin Miller, DC

1903 EP True Parkway, Suite 306

West Des Moines, IA 50265

Phone: (515) 309-3791

Fax: (515) 309-3792

E-mail: info@eptruechiropractic.com

Assessment method: Skinfold measurements.

Cost: Maximum \$8.00 per wrestler if the assessor travels to the school and maximum \$10.00 per wrestler if the wrestlers travel to the agency.

Maximum distance: The assessor will travel approximately 40 miles from West Des Moines.

ORTHOPAEDIC & SPORTS MEDICINE CENTRE

Contact Person: Chris Wiedmann, LAT

6001 Westown Parkway, Suite 205

West Des Moines, IA 50266

Phone: (515) 224-5225

Fax: (515) 224-5235

E-mail: wiedmacj@ihs.org

Assessment method: Skinfold measurements.

Cost: Maximum \$5.00 per wrestler if the assessor travels to the school, plus \$.50 per mile, and maximum \$5.00 per wrestler if the wrestlers travel to the agency.

Maximum distance: The assessor will travel approximately 50 miles from West Des Moines.

STADIA SPORTS MEDICINE

Contact Person: Neil Nelsen, LAT

6000 University Avenue, Suite 250

Phone: (515) 221-1102

Fax: (515) 221-1272

E-mail: neilnelson@stadisportsmedicine.com

Assessment method: Skinfold measurements.

Cost: Maximum \$10.00 per wrestler if the assessor travels to the school and maximum \$10.00 per wrestler if the wrestlers travel to the agency.

Maximum distance: The assessor will travel approximately 30 miles from West Des Moines.

EASTERN IOWA PHYSICAL THERAPY

Contact Person: Beth Dessner, PT

400 Oveson Drive, PO Box 688

Wilton, IA 52778

Phone: 563-732-4317

Fax: 563-732-4318

E-mail: bdessner@netins.net

Assessment method: Skinfold measurements.

Cost: Maximum \$5.00 per wrestler if the assessor travels to the school.

Maximum distance: The assessor will travel approximately 10 miles from Wilton.

WINTERSET COMMUNITY SCHOOLS

Contact Person: Gary Christensen, BS, Athletic Director

1704 Patricia Acres

Winterset, IA 50273

Phone: (515) 462-3887

Fax: (515) 462-2178

E-mail: gchristensen@winterset.k12.ia.us

Assessment method: Skinfold measurements.

Cost: Maximum per wrestler if the assessor travels to the school is \$10.00, plus \$.25 per mile, and maximum \$10.00 per wrestler if the wrestlers travel to the agency.

Maximum distance: The assessor will travel approximately 60 miles from Winterset.

**IOWA HIGH SCHOOL ATHLETIC ASSOCIATION LIST OF APPROVED
BODY COMPOSITION ASSESSMENT PERSONNEL, 2007-08**

ADDENDUM AS OF SEPTEMBER 28, 2007

MCFARLAND CLINIC

Contact Person: Sarah Reedy

3600 West Lincolnway

Ames, IA 50010

Phone: (515) 663-4824

Fax: (515) 663-4860

E-mail: sreedy@mcfarlandclinic.com

Assessment method: Skinfold measurements.

Cost: Maximum \$3.00 per wrestler if the assessor travels to the school, plus \$.32 per mile, or maximum \$3.00 per wrestler if the wrestlers travel to the agency.

Maximum distance: The assessor will travel approximately 50 miles from Ames.

BGM HIGH SCHOOL

Contact Person: Corwin Stuart, PE Teacher

1090 Jackson Street

Brooklyn, IA 52211

Phone: 641-522-7558

Fax:

E-mail: cstuart@brooklyn.k12.ia.us

Assessment method: Tanita Professional Series Body Composition Analyzer/Scale.

Cost: Maximum \$10.00 per wrestler if the assessor travels to the school, plus \$.48 per mile, and maximum \$8.00 per wrestler if the wrestlers travel to the agency.

Maximum distance: The assessor will travel approximately 45 miles from Brooklyn.

WRIGHT MEDICAL CENTER - CLARION

Contact Person: Dr. Jon Ahrendsen, MD

215 13th Avenue, SW

Clarion, IA 50525

Phone: 515-532-2836

Fax: 515-532-2523

E-mail: jahrendsen@wrightmed.com

Assessment method: Skinfold measurements, Tanita Professional Series Body Composition Analyzer/Scale or hydrostatic weighing.

Cost: Maximum \$10.00 per wrestler if the assessor travels to the school and maximum \$10.00 per wrestler if the wrestlers travel to the agency.

Maximum distance: The assessor will travel approximately 30 miles from Clarion.

CNOS SPORTS MEDICINE

Contact Person: Zach Mathers, LAT

575 North Sioux Point Road

Dakota Dunes, SD 57049

Phone: (605) 217-2790

Fax: (605) 217-2907

E-mail: zach.mathers@cnos.net

Assessment method: Tanita Professional Series Body Composition Analyzer/Scale.

Cost: Maximum \$3.00 per wrestler if the assessor travels to the school and maximum \$5.00 per wrestler if the wrestlers travel to the agency.

Maximum distance: The assessor will travel approximately 60 miles from Dakota Dunes.

NORTH SCOTT HIGH SCHOOL

Contact Person: Kathi Washam

200 South 1st Street

Eldridge, IA 52748

Phone: (563) 285-3207

Fax: (563) 285-9308

E-mail: kathi.washam@north-scott.k12.ia.us

Assessment method: Tanita Body Composition Analyzer Scale.

Cost: Negotiable.

Maximum distance: Negotiable.

KOENEN & COLLINS CHIROPRACTIC CLINIC

Contact Person: James Koenen, DC

303 Central Avenue, East

Hampton, IA 50441

Phone: (641) 456-4142

Fax: (641) 456-2777

E-mail: jrkoenendc@msn.com

Assessment method: Skinfold measurements.

Cost: Maximum \$7.00 per wrestler if the assessor travels to the school and maximum \$7.00 per wrestler if the wrestlers travel to the agency.

Maximum distance: The assessor will travel approximately 40 miles from Hampton.

OTTUMWA HIGH SCHOOL

Contact Person: Joe Curran, MA

501 East 2nd Street

Ottumwa, IA 52501

Phone: (641) 683-4444

Fax: (641) 682-9607

E-mail: curranj@aea15.k12.ia.us

Assessment method: Skinfold measurements.

Cost: Maximum \$10.00 per wrestler if the assessor travels to the school, plus \$.50 per mile and \$10.00 per wrestler if the wrestlers travel to the agency.

Maximum distance: The assessor will travel approximately 20 miles from Ottumwa.

OTTUMWA REGIONAL HEALTH CENTER

Contact Person: Elaine Leppert, BSN

1001 Pennsylvania Avenue

Ottumwa, IA 52501

Phone: (641)684-3119

Fax: (641) 684-3223

E-mail: eleppert@orhc.com

Assessment method: Near-Infrared Body Composition Analysis - Futrex 5000 A/WL.

Cost: Maximum \$10.00 per wrestler if the assessor travels to the school, plus \$.48 per mile, and maximum \$9.00 per wrestler if the wrestlers travel to the agency.

Maximum distance: The assessor will travel approximately 40 miles from Ottumwa.