

Attention: Athletic Trainers
From: Greg Stahl, Assistant Executive Director
Missouri State High School Activities Association

Subject: Wrestling Weight Management Assessors

MSHSAA WEIGHT MANAGEMENT ASSESSOR REMINDERS-QUALIFICATIONS

NOTE: All MSHSAA Wrestling Weight Management Assessors who either certified or recertified during the summer or fall of 2014 remain certified and current for the 2016-17 and 2017-18 school years. An individual who **did not complete** certification or recertification during the summer or fall of 2014 or 2015 **is not approved** assessors. An individual who did not recertify during the summer/fall of 2014 or 2015, or an individual seeking to be a new assessor must complete a certification course prior to the 2016-2017 Wrestling season in order to serve as an approved MSHSAA Weight Management Assessor.

For a list of available 2016-2017 Weight Assessor Courses, please go to the Wrestling page at www.mshsaa.org. These courses will be limited and only offered during September and October of 2016. For those qualified and interested in becoming a certified weight assessor, you must complete a MSHSAA Wrestling Weight Management Assessor Registration Form and submit to the MSHSAA office along with your registration fee of \$15 "PRIOR" to the date of the course. Payment of the registration fee can be in the form of a check payable to the MSHSAA, or you may contact the MSHSAA office (Stacey Slaughter) directly and make an electronic payment using debit/credit card.

For a list of currently certified MSHSAA Weight Management Assessors please go to the Wrestling page at www.mshsaa.org (Reminder-those assessors approved for the 2015-2016 season are still certified for the upcoming 2016-2017 season).

The requirements for serving as a MSHSAA Weight Management Assessor under the guidelines for the MSHSAA Wrestling Weight Management Program are listed below. As approved by the MSHSAA Board of Directors and Sports Medicine Advisory Committee, there are limitations on those individuals who are permitted to serve as MSHSAA Certified Weight Management Assessors. Listed below are those who are permitted to be certified for serving as a MSHSAA Weight Management Assessor.

- *Certified Athletic Trainer
- *School Administrator (Superintendent, Principal, Athletic Director)
- *Retired School Administrator (Superintendent, Principal, Athletic Director)
- *School Nurse
- *Active Certified Health Teacher (that does not coach any sports at a member school)
- *Nurse Practitioners
- *Physicians- MD, DO, DC

Note: School Coaches are not permitted to be Certified Body Composition Assessors. (This includes wrestling coaches and all other athletic coaches.)

If a school elects to NOT certify an individual as a Weight Management Assessor, the school must coordinate with one of the certified Weight Management Assessors found on the MSHSAA Weight Management Assessor list found on the "wrestling" page of the MSHSAA website. A school may have to arrange for a certified Weight Management Assessor to come to their school and complete weight management assessments on all wrestlers.

Please do not procrastinate starting the certification process if you have an individual that meets the credentials and requirements to serve as a Weight Management Assessor. Courses are only offered during the last two weeks of September and first two weeks of October for certification/re-certification. Furthermore, there are only a total of six courses to attend of which are in different geographical areas of the state.

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