

Certified Body Fat Assessors

All IHSA Body Fat Assessors certified prior to the Fall of 2015, and all brand-new Body Fat Assessors, are required to attend a body fat training course to learn new methods of testing wrestlers' body fat. Body Fat Assessors who have attended a class since the Fall of 2015 have been trained on the new protocol. They do not need to attend another "live" body fat training course for four years from the date they attended the class.

Classes for the Spring of 2018 are listed below. We intend to offer more classes in the Fall of 2018.

Current Body Fat Assessors who have not taken the "live" class between 2015 and the Fall of 2018 will be put on IHSA probation for one year.

Body Fat Assessors on IHSA probation who do not take the "live" class by the Fall of 2019 will be suspended and will no longer be able to perform body fat tests on wrestlers.

Date	Location	Address	Time
Tuesday, March 27	Geneseo High School	700 N. State St., Geneseo, IL 61254	10:00am-1:30pm
Wednesday, March 28	Springfield Clinic	900 N. 1 st Street, Springfield, IL 62704	10:00am-1:30pm
Wednesday, March 28	Althoff Catholic High School	5401 W. Main St., Belleville, IL 62226	6:00pm-9:30pm
Thursday, March 29	Centralia High School	2100 E. Calumet, Centralia, IL 62801	10:00am-1:30pm
Tuesday, April 3	Chicago Mt. Carmel High School	6410 S. Dante Ave., Chicago, IL 60637	10:00am-1:30pm
Wednesday, April 11	Oswego High School	4250 Rt. 71, Oswego, IL 60543	6:00pm-9:30pm
Thursday, April 12	Lake Zurich High School	300 Church St., Lake Zurich, IL 60047	10:00am-1:30pm

To register for a body fat training course, click this link – [Online Registration Form](#)

Classes are limited to 30 students.

Contact Lauren Matson (lmatson@ihsa.org) at the IHSA office with questions.

The cost of the "live" body fat training course is \$35, payable to the IHSA at the site of the training.

The instructor will explain the online recertification training for future years.

The cost of the online recertification training is \$10.

As a part of the new body fat testing program, all Body Fat Assessors will receive Continuing Education Units (CEUs). Teachers may receive Continuing Professional Development Units (CPDUs).

All Body Fat Assessors must be sure they have a current e-mail address listed in the Officials Center. Reminders about body fat testing classes and other updates are sent to e-mail addresses on file in the Official's Center.