

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, but they must recertify through the Officials Center and complete the online course between "live" courses.

Classes for the Fall of 2018 are listed below. We will offer more classes in the Fall of 2019.

Note: Spring classes will no longer be available.

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, September 18 | Normal West High School | 501 N. Parkside Rd. Normal, IL 61761 | 10:00am - 1:30pm |
| Wednesday, September 19 | Marion High School | 1700 Wildcat Dr. Marion, IL 62959 | 10:00am - 1:30pm |
| Wednesday, September 19 | Althoff Catholic High School | 5401 W. Main St. Belleville, IL 62226 | 6:00pm - 9:30pm |
| Thursday, September 20 | Effingham High School | 1301 W. Grove Effingham, IL 62401 | 10:00am - 1:30pm |
| Wednesday, September 26 | Sterling High School | 1608 Fourth Ave. Sterling, IL 61081 | 10:00am - 1:30pm |
| Thursday, September 27 | Minooka High School | 301 S. Wabena Minooka, IL 60447 | 10:00am - 1:30pm |
| Tuesday, October 2 | St. Rita High School | 7740 S. Western Ave. Chicago, IL 60620 | 10:00am - 1:30pm |
| Thursday, October 4 | Wheeling High School | 900 S. Elmhurst Rd. Wheeling, IL 60090 | 10:00am - 1:30pm |
| Monday, October 8 | Wauconda High School | 555 N. Main St. Wauconda, IL 60084 | 6:00pm - 9:30pm |

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.