

Certified Body Fat Assessors

IHSA Body Fat Assessors certified in 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 must attend a "live" body fat training course every four years from the date they attended the class. They must recertify through the Officials Center and complete the online course between "live" courses.

Classes for the Fall of 2019 are listed on the chart below.

Note: We are no longer offering classes in the Spring.

Current Body Fat Assessors who have not taken the "live" class since 2015 and do not attend one during the Fall of 2019 will be placed on IHSA Probation for one year.

Body Fat Assessors currently 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 17	Normal West High School	501 N. Parkside Rd. Normal, IL 61761	10:00am - 1:30pm
Wednesday, September 18	Marion High School	1700 Wildcat Dr. Marion, IL 62959	10:00am - 1:30pm
Wednesday, September 18	Althoff Catholic High School	5401 W. Main St. Belleville, IL 62226	6:00pm - 9:30pm
Thursday, September 19 Cancelled	Effingham High School	1301 W. Grove Effingham, IL 62401	10:00am - 1:30pm
Wednesday, September 25 Cancelled	Sterling High School	1608 Fourth Ave. Sterling, IL 61081	10:00am - 1:30pm
Thursday, September 26	Minooka High School	301 S. Wabena Minooka, IL 60447	10:00am - 1:30pm
Tuesday, October 8 Class is full	Lake Zurich High School	300 Church St. Lake Zurich, IL 60047	10:00am - 1:30pm
Wednesday, October 9	Mt. Carmel High School (Chicago)	6410 S. Dante Ave. Chicago, IL 60637	10:00am - 1:30pm
Monday, October 14 Class is full	Wheeling High School	900 S. Elmhurst Rd. Wheeling, IL 60090	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 through check (make out to IHSA) or by credit card (an authorization form will be sent to you to be completed after you have registered for a class).

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

The cost of the online recertification training is \$10. **Online recertification will begin in early October.**

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.