

MSHSAA Wrestling Weight Management Program

Weight Management Assessor Certification & Recertification Information

2026-2027 Wrestling Season

To: School Administrators, Athletic Directors, School Nurses, Certified Athletic Trainers, Health Teachers, Medical Professionals, and Current Weight Management Assessors

URGENT NOTICE

All **current, former, and prospective MSHSAA Wrestling Weight Management Assessors** must complete either **Initial Certification** or **Recertification** prior to the start of the **2026-2027 wrestling season**.

Successful completion of an approved MSHSAA Weight Management Assessor Course will certify an individual through the **2030-2031 wrestling season**.

Eligibility Requirements

The following individuals are eligible to become certified as MSHSAA Wrestling Weight Management Assessors, as approved by the MSHSAA Board of Directors and the Sports Medicine Advisory Committee:

- Certified Athletic Trainer
- School Administrator (Superintendent, Principal, or Athletic Director)
- Retired School Administrator (Superintendent, Principal, or Athletic Director)
- School Nurse
- Active Certified Health Teacher (*must not coach any sport at a member school*)
- Nurse Practitioner
- Physician (M.D., D.O., or D.C.)
- Physician Assistant
- Physical Therapist

Important: School coaches—including wrestling coaches and coaches of any other sport—are **not eligible** to become Certified Weight Management Assessors.

If Your School Does Not Have a Certified Assessor

Schools that do not certify an individual as a Weight Management Assessor are responsible for arranging assessments through a certified assessor listed on the **MSHSAA Certified Weight Management Assessor List** available on the Wrestling page of the MSHSAA website.

Schools may need to coordinate for a certified assessor to travel to their school to complete the required body composition assessments for all wrestlers.

Certification Timeline

Certification and recertification courses are offered **only from July through early October** each year.

Because course availability is limited, schools are strongly encouraged to identify qualified individuals and register them as early as possible.

Finding a Course

Course dates and locations are available on the MSHSAA Wrestling webpage.

Navigate to:

Sports and Activities → Winter → Wrestling → Info → Weight Assessor Training

New courses will continue to be added throughout June and early summer as they are scheduled across the state.

Link - [Weight Assessor Training](#)

Registration Process

Registration is required before attending any certification or recertification course.

A **\$15 registration fee** must be paid online during the registration process.

Step 1

Visit the MSHSAA website and navigate to:

Activities → Wrestling → Info → Weight Assessor Training

Step 2

Select the course you wish to attend and click **Register Now**.

Step 3

Complete the required registration information:

- Certification Type
 - New Certification
 - Recertification
- Qualification Category
 - Select the category that makes you eligible to become a Weight Management Assessor.

- Personal Information
 - Name
 - Address
 - Phone Number
 - Email Address
 - Affiliation

Important: Please provide an accurate and active email address. Your email address is used within the **Optimal Performance Calculator (OPC)** system. If your email address changes, notify MSHSAA immediately so your OPC account can be updated. Maintaining accurate contact information is essential for the efficient operation of the Wrestling Weight Management Program.

Step 4

If registering only yourself, select **Complete Registration**.

If registering multiple attendees who will be paid for by the same school or organization, select **Add Another Attendee**.

Step 5

Complete the Secure Online Payment page and submit your registration.

A confirmation email will be sent once your registration has been successfully completed.

Certified Assessor List

Following the completion of all annual certification and recertification courses, the official list of **MSHSAA Certified Wrestling Weight Management Assessors** will be posted on the Wrestling page of the MSHSAA website.

Questions?

If you have questions regarding the Wrestling Weight Management Program or the certification process, please contact the MSHSAA office.

We appreciate your willingness to serve Missouri's student-athletes by participating in the Wrestling Weight Management Program.