

## **MSHSAA WEIGHT MANAGEMENT ASSESSORS QUALIFICATIONS-COURSES-REGISTRATIONS**

**Current MSHSAA Wrestling Weight Management Assessors were recertified prior to the 2018-19 Wrestling season. Completing certification or recertification at an approved MSHSAA Weight Assessor Course results in a weight assessor being certified for the 2018-19, 2019-20, 2020-21, and 2021-22 school years/wrestling seasons.**

**MSHSAA Weight Management Assessor Qualifications:** 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 be serve as a Weight Management Assessor. Courses are only offered during last part of September and first part October for certification/re-certification.

**Weight Management Assessor Courses:** For a list of available Weight Management Assessor Courses, please go to the Wrestling page at [www.mshsaa.org](http://www.mshsaa.org). On the Wrestling page under the category titled “LINKS” you will find a current list of weight management assessor courses that have been scheduled. **This list will continue to be updated with courses that will be offered during October-2019 in different geographical areas of the state.**

**Weight Management Assessor Course Registration:** For those who meet the required qualifications listed above and are interested in becoming a certified weight assessor, **the MSHSAA has a mandatory online registration process that must be completed prior to attending a MSHSAA Weight Management Assessor Course (Recertification Course or Certification Course).** The online registration process also requires an electronic payment for the \$15 registration fee. Please be advised that the MSHSAA has secured protection of electronic payments facilitated through our website. **Please follow instructions below for completing the online registration for a MSHSAA Weight Management Assessor Course.**

**1.** Go to [www.mshsaa.org](http://www.mshsaa.org) and using the Activities tab at the top of the screen select “Wrestling” to access the Wrestling page.

2. Under the “Links” category located on the Wrestling page you will select the link that has the course title/description of which you are interested in attending.

3. On the following screen select the “ Register Now” link to proceed with the registration for this course.

4. On the following screen you will provide the following information by selecting what applies to your registration status:

-Attendee Certification Type: “New Certification” or “Recertification” (select one)

-Attendee Role: You have to meet one of these criteria in order to be a MSHSAA Weight Management Assessor. (select one)

-Attendee Information: Provide your name, address, phone number, email address, affiliation

**Note: It is critically important that your Attendee Information, especially the email address, is spot on accurate and is your working email address. At any time that you may have a change in email address you need to notify MSHSAA immediately so your email address can be updated in the Optimal Performance Calculator (OPC). An accurate email address listed in the OPC for each weight management assessor is mandatory for smooth operation.**

5. Select the link “Complete Registration” if you are only registering yourself OR select the link “Add Another Attendee” if you are registering multiple attendees that will have their registration paid for by the same group/entity.

6. You will now complete the “Secure Online Payment” page. Make sure to enter information into each field displayed on the page.

7. Select the “Submit Registration” icon. You will receive an email confirming your registration.

**MSHSAA Certified Weight Management Assessors:** A list of certified MSHSAA Weight Management Assessors will be placed on the Wrestling page at [www.mshsaa.org](http://www.mshsaa.org) after the completion of all courses.