



Wrestling Minimum Weight Certification Program Assessor Training

The NYSPHSAA is holding its 12th round of regional training workshops this fall. Assessors are needed to evaluate wrestlers' state of hydration and body fat through urinalysis and skinfold measurements. Any person with a health care background and experience with skinfold measurement can participate in the training program.

NOTE: WRESTLING COACHES ARE INELIGIBLE FOR TRAINING.

Regional Workshops. Nine regional workshops will be held in Oct.-Nov. Each workshop will last approximately 4 hours. See enclosure for sites, dates and times. Individuals successfully completing a workshop will become NYSPHSAA Assessors, the only persons permitted to evaluate wrestlers. Assessment process charge is up to \$6.00 per student-athlete for the skinfold assessment or a maximum of \$8.00 if urinalysis is included.

Registration: Preregistration is required. The cost of the training session is \$40.00. Checks should be made payable to NYSPHSAA, Inc. NYSPHSAA Assessor status will be effective for three (3) years. An assessors' manual and video will be provided. Registration forms WITH PAYMENT MUST be received in the NYSPHSAA office by the deadline date established for the workshop (see below).

What to Wear/What to Bring? Men need to be in shorts while women need to be in shorts and halter. Each candidate needs to bring the following:

- Lange or other suitable caliper
- a cloth tape measure
- a felt tip pen
- disposable sanitary gloves
- calculator
- pen/pencil

NYSPHSAA ASSESSOR TRAINING REGISTRATION

Name _____ Profession: _____
 Address _____
 City, State, Zip _____ NYSPHSAA Section (1-11): _____
 Phone: Home: () _____ Work: () _____
 Email: _____

I am registering for WORKSHOP # _____ SITE _____

Registration for:	Registration Deadline Date:
Section 1: October 8, 2008	10/1
Section 2: September 29, 2008.....	9/25
Section 3: October 20, 2008	10/13
Section 4: October 7, 2008	10/1
Section 5: October 22, 2008	10/17
Section 6: October 19, 2008	10/14
Section 7: September 25, 2008.....	9/23
Section 8: October 7, 2008	10/3
Section 9: October 15, 2008	10/10
Section 11: TBA	

Complete and Forward to:

ASSESSOR TRAINING
NYSPHSAA
8 Airport Park Blvd.
Latham, NY 12110

Please Enclose Registration Fee of \$40.00
(Check or Money Order payable to NYSPHSAA-Wrestling)
NOTE: Do NOT send PO's or claim forms.

REGIONAL WORKSHOPS

WRESTLING ASSESSOR TRAINING - Fall 2008

SECTION 1: Wednesday, October 8, 2008: 9:00am - 12:00

Beacon High School, 1 Matteawan Rd., Beacon NY

Instructor: Scott Sabatelle

Tele: 845-838-6980 ext. 3362

SECTION 2: Monday, September 29, 2008: 6:00pm

Center for Sports Medicine, Ellis Hospital, 1201 Nott Street, Suite 302, Schenectady NY

Instructor: Lou Rende

Tele: 518-243-4684

SECTION 3: Monday, October 20, 2008: 6:00pm

Rome Free Academy-Stadium Support Facility, Turin Street, Rome NY

Instructor: Kelly Hoke

Tele: 315-338-6572

SECTION 4: Tuesday, October 7, 2008: 6:30pm -9:30pm

Johnson City High School, 666 Reynolds Road, Johnson City NY

Instructor: Carl Koenig

Tele: 607-965-8377 ext. 154

SECTION 5: Wednesday, October 22, 2008: 7:00pm

Brockport High School, 40 Allen Street, Brockport NY

Instructor: Alan Peppard

Tele: 585-396-1996

SECTION 6: Sunday, October 19, 2008: 12:00pm - 3:00pm

Portville High School, 500 Elm Street, Portville NY

Instructor: Michael Pilato

Tele: 585-329-6463

SECTION 7: Thursday, September 25, 2008: 6:00pm

Northern Adirondack High School, Ellenburg Depot NY

Instructor: Robert Wirkiewicz

Tele: 518-594-3962

SECTION 8: Tuesday, October 7, 2008: 6:00pm-10:00pm

W.T. Clarke High School, 740Edgewood Drive, Westbury NY (East Meadow School District)

Instructor: Adrienne Lavacca

Tele: 516-445-9197

SECTION 9: Wednesday, October 15, 2008: 7:00pm -10:00pm

Pine Bush High School, Route 302, Pine Bush NY

Instructor: John Goff

Tele: 845-744-2031 x3055

SECTION 11: TBA

Instructor: Ray Nelson

Tele: 631-806-9205

Securing Calipers and Urinometers

Contact your local medical supply company to secure a skin caliper and adult urinometer. Skin calipers must be of a good quality (no plastic), usually costing in the range of \$175-\$200.00. If you cannot find locally, below are some suppliers:

Skin Calipers

Sammons Preston

PO Box 5071

Bolingbrook, IL 60440-5071

Ph: 800-323-5547

Fax: 800-547-4333

Jamar Medical Skinfold #5028

\$189.95

Ali Med

297 High St

Dedham, MA 02026-9135

Ph: 800-225-2610

Fax: 800-437-2966

Lange Caliper #5044

approx. \$199

Flag House Rehab

601 Flaghouse Dr

Hasbrouck Heights, NY 07604

Procaliper #8004R

approx. \$179

Urinometer

Call Medisource for local supplier of adult urinometer at 800-627-7055.