



## Wrestling Minimum Weight Certification Program Assessor Training

The NYSPHSAA is holding its 13th 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

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### NYSPHSAA ASSESSOR TRAINING REGISTRATION

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

Registration will be handled on-site.

Please complete registration form and hand in at registration, along with the Registration fee of \$40 made payable to: NYSPHSAA.

# REGIONAL WORKSHOPS

## WRESTLING ASSESSOR TRAINING - Fall 2009

### SECTION 1: Wednesday, October 7, 2009: 9:00am - 12:00

Beacon High School, 1 Mattewean Rd., Beacon NY

Instructor: Scott Sabatelle

Tele: 845-838-6980 ext. 3362

### SECTION 2: Monday, October 5, 2009: 6:30pm

Athletic Training Room, Shenendehowa High School

Instructor: Lou Rende

Tele: 518-243-4684

### SECTION 3: Monday, October 19, 2009: 6:00pm

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

Instructor: Kelly Hoke

Tele: 315-338-6572

### SECTION 4 : Tuesday, October 6, 2009; 6:30pm

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

Instructor: Carl Koenig

Tele: 607-965-8377 ext. 154

### SECTION 5: TBA

Brockport High School, 40 Allen Street, Brockport NY

Instructor: Alan Peppard

Tele: 585-396-1996

### SECTION 6: TBA

Portville High School, 500 Elm Street, Portville NY

Instructor: Michael Pilato

Tele: 585-329-6463

### SECTION 7 : Wednesday, October 14, 2009; 4:30pm

Room B-25, Northern Adirondack High School, Ellenburg Depot NY

Instructor: Robert Witkiewicz

Tele: 518-594-3962

### SECTION 8: TBA

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

Instructor: Adrienne Lavacca

Tele: 516-445-9197

### SECTION 9: TBA

Pine Bush High School, Route 302, Pine Bush NY

Instructor: John Goff

Tele: 845-744-2031 x3055

### SECTION 11: TBA

Sayville High School, 20 Brook St., West Sayville, NY

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.