



October 1, 2024

To: 2024-2025 Wrestling Weight Management Program Assessors
Re: 2024-2025 Recertification

Dear Assessors,

The CIF is excited to announce details regarding the 2024-2025 Wrestling Weight Management Program. There are updates to share:

- The recertification process for all Assessors from the 2023-2024 season began **Monday, September 30, 2024**.
- The [recertification exam](#) is located on the **CIF STATE** website under Wrestling. The process will remain the same as last year, with the requirement of the assessor passing an exam with an 80% or better to be recertified. Assessors are given three (3) attempts to pass.
- Assessments for the 2024-2025 season will open **October 15, 2024**. Assessments must be entered into the TrackWrestling website within 72 hours of assessment. *There is no reason to take longer than 72 hours!* All wrestlers must be assessed, and appear on the coach's Alpha Roster, prior to their first competition.
- The 2024-2025 [Weight Management Program Manual](#) is available for download from the CIF State website for your review and records. **Please review this document for updates to the process prior to your recertification exam.** The forms used for assessments, appeals, and sub-7% BF were updated last season as well.

The Ultrasound Wand device ([BodyMetrix](#)) was approved by the CIF for use in replacement of the discontinued Tanita Scale in 2020. Information about purchasing the device is located on the CIF website as well.

- Instructions for using the BodyMetrix device for assessments can be found in the Weight Management Program Manual on the CIF STATE website.
- The Tanita Scale is no longer approved for assessments this season. **ONLY the BodyMetrix US Wand is approved.**
- There is no need to assess hydration any longer. Please refer to the rationale and new policies in the Weight Management Program Manual.

If you have questions, please contact the State Head Master Assessor, Chase Paulson, MS, ATC at cpaulson@wvusd.org.