

**OKLAHOMA SECONDARY SCHOOL ACTIVITIES ASSOCIATION**  
**P. O. Box 14590, Oklahoma City, OK 73113**

**TO:** Wrestling Coaches  
**FROM:** Wes Ruth, Assistant  
**DATE:** September 2024  
**SUBJECT:** Information Regarding the OSSAA Weight Management Program

Enclosed you will find:

1. **Tips for Passing the Wrestling Hydration Assessment:** This information should be copied and given to each wrestler prior to the testing date and also posted in your locker room.
2. **Preparation of Wrestlers for Assessment:** This information should be shared with your wrestlers and also posted in your locker room.
3. **NWCA Optimal Performance Calculator Instructions for Coaches:** Please follow the instructions to log on to the Calculator Program and to update your personal information and school file. The instruction sheet should help you navigate to all areas in the program.
4. **List of OSSAA Certified Assessors:** A list will be sent out by Mr. Ruth with names and contact information for your area. These assessors have gone through the assessor training course or have been re-certified and are qualified to perform hydration and body fat testing on your wrestlers. It will be **YOUR** responsibility to contact one of them and set up an appointment to have your team tested.
5. **Student Data Information and Testing Form**

**If you have not received your login and email for Trackwrestling, please contact Wes Ruth.**

You will also need to read the Weight Management Program information on pages WR3-WR6 of the OSSAA Wrestling Manual and be responsible for that information.

## HOW TO PASS THE WRESTLING HYDRATION ASSESSMENT

Following these tips will help wrestlers pass the hydration assessment and give the most favorable body composition results.

### **Two days before hydration and body compositions assessing:**

- DRINK AT LEAST 8-10, 8 OUNCE GLASSES OF FLUIDS DURING THE DAY. (Remember, water has no calories.)
- Drink an additional 16 ounces of water for each pound you may have lost the day during a sport practice.
- Avoid drinks containing caffeine, such as iced tea, caffeinated pop and coffee.
- Increase the intake of high fiber foods to help eliminate excess waste from the body.
- (Whole grain breads, muffins & cereals, fresh fruits, salad, vegetables)
- AVOID salty foods. (Potato chips, pretzels, pizza, tuna, crackers, soft drinks, sports drinks.)
- Discontinue the use of vitamins and other supplements, unless prescribed by your doctor, as they may cause the urine to be darker than normal.

### **One day before hydration and body composition assessing:**

- CONTINUE DRINKING PLENTY OF WATER. You should be urinating several times during the day and your urine should be clear.
- Drink an additional 16 ounces of water for each pound you may have lost that day during a sport practice.
- Avoid drinks containing caffeine, such as iced tea, caffeinated pop and coffee.
- Avoid eating foods high in chocolate.
- Eat smaller meals, but eat more frequently, if necessary.
- Continue to eat foods high in fiber.
- AVOID FOODS HIGH IN FAT AND SALT!
- Urine should be clear to indicate you are fully hydrated.

### **The day of hydration and body composition assessing:**

#### **\*Early morning assessing:**

- DO NOT EXERCISE BEFORE THE ASSESSMENT.
- DRINK WATER WHEN YOU FIRST GET OUT OF BED.
- Do NOT urinate until you arrive at the assessment site and provide a urine sample.
- Do NOT eat until after the test.

#### **\*Late morning, or afternoon, assessing:**

- DO NOT EXERCISE FOR SEVERAL HOURS BEFORE THE ASSESSMENT.
- Continue to drink plenty of water throughout the day.
- Urinate several times during the day until 1-2 hours before the assessment.
- Eat small portions and eat lighter foods. (Fruits, cereals, juices)
- DO NOT EAT fatty or salty foods.
- DO NOT DRINK salty drinks, such as pop & sports drinks.
- DO NOT EAT within several hours of the assessment.

## PREPARATION OF WRESTLERS FOR ASSESSMENT

1. No vigorous activities that cause excessive sweating on the evening before and the day of the testing.
2. Avoid foods and/or supplement that may contribute to water loss such as chocolate, soft drinks, coffee, and creatine for at least 24-48 hours.
3. Review and post the Tips for Passing the Wrestling Hydration Assessment with your wrestlers.
4. Eat a normal balanced diet emphasizing foods with high water content such as fruits and vegetables.
5. Be awake three (3) hours prior to testing.
6. Do not eat two hours prior to testing.
7. Student data sheets on each wrestler are completed prior to the assessment including the parent or guardian signature.
8. Attire for males shall be shorts and t-shirt, females shall be shorts and a halter top or sports bra.

SCHOOL: \_\_\_\_\_

School Login: \_\_\_\_\_

Coaches Password: \_\_\_\_\_

School Password: \_\_\_\_\_ (For Assessor Only)

## **Optimal Performance Calculator Instructions for Coaches in State Mandated Programs**

### **How to log into the program**

1. Go to the NWCA home page at [www.nwcaonline.com](http://www.nwcaonline.com)
2. On NWCA home page, go to top menu bar under **Weight Management** click on the **Optimal Performance Calculator**.
3. You will now be directed to the Optimal Performance Calculator Program ([www.nwcaonline.com/nwcaonline/default.aspx](http://www.nwcaonline.com/nwcaonline/default.aspx)).
4. Once at the OPC home page click on the **login** tab on the menu bar.
5. On the login page, the coach will enter his/her NWCA user ID and password. (The password is the coach's assigned login id for the initial login; the coach will be prompted to change his/her password to a permanent password)
6. You will now be logged into the program at the scholastic homepage of the Optimal Performance Calculator Program ([www.nwcaonline.com/nwcaonline/peformance/scholastic.aspx](http://www.nwcaonline.com/nwcaonline/peformance/scholastic.aspx))

### **How to complete individual profile**

1. A blank profile form will appear that the coach will be asked to complete with his/her contact information
2. Enter name of head coach
3. Enter all contact information
4. **Enter a password reminder question**
5. **Enter a password reminder question**
6. In the new password field box, enter a new password. Confirm the password in the next form field.
7. After all fields are entered, click on update contact information

### **How to enter the test assessment data: (please know that you will not be able to save the assessments online)**

*The calculations on your test assessment form will mirror the calculations on your official state assessment form*

1. Once the coach is at the scholastic homepage of the OPC, the coach will put his cursor over the **Coaches** tab. A drop down menu will appear and the Assessor/Coach will select **Test Assessment**.
2. After clicking **Test Assessment** a blank assessment form will appear. If you are entering test assessment data for a female please click on the "add female wrestler link". This will take you to a special test assessment form for females.
3. Begin entering the data onto your initial assessment screen. Be sure to use the "TAB BUTTON" on your keyboard to navigate through the form. Failure to do so will result in the inability for the calculator to function correctly.
4. **Please note:** If you are using Bio-Impedance, Underwater weighing or Bod Pod to assess body fat, do not enter information into the skin fold area. You will manually enter the Body Fat percentage into the field provided at Step 3.
5. When you have successfully calculate the Minimum Wrestling Weight on the Initial Assessment form, please scroll to the bottom of the page and click on Print Test. You will be able to print the assessment form, but will not be able to save it.
6. **Make sure your margins are set to: .5 on top and bottom and .25 for the right and left side.**
7. To repeat the process for an additional wrestler, please use the same form and enter new test assessment data.

### **How to view and print the alpha master roster**

1. On the scholastic OPC homepage menu bar, click on the **Alpha Master Report** under the **Coaches tab** on the menu bar.
2. The "Alpha master report" will appear with all of the team's wrestlers and their assessment data (this includes the wrestler's minimum weight class and the first date they may compete at that weight class)
3. Click on the print button at the bottom of the page to print the form. This form should be brought to all matches and weigh-ins.

### **How to view wrestler's assessments**

1. On the scholastic OPC homepage menu bar, click on wrestlers on file under the coaches tab on the menu bar.
2. After logging in, a list of wrestlers who have completed assessment will appear (this page is titled "wrestlers on file").
3. On the "wrestlers on file" page, click on the select link under the assessment column for the wrestler you would like to view the assessment data form
4. After clicking on the select button for the desired wrestler, that individual wrestler's initial assessment will populate the page.
5. To print the assessment form, scroll to the bottom and click on the print button.
6. To view another wrestler's assessment, you can scroll to the bottom of the current wrestler's assessment form and click on Retrieve Wrestler. This will bring up the "wrestlers on file" page. You can click on the Back button on your computer tool bar to take you back to the "wrestlers on file" page.

### **How to view individual weight loss plan**

1. On the Scholastic OPC homepage, click on Individual Weight Loss Plan on the drop down menu underneath the Coaches heading on the main tool bar.
2. You will now be on a page that lists all of the wrestlers on file.
3. Select the date range from the calendars provided.
4. After selecting the date range you prefer, click on the check box titled "apply date filter to wt loss plan."
5. After applying the date filter, click on the wrestler's name that you would like to view.
6. Print from the file option from the tool bar.
7. Please note: You may also view a wrestler's weight loss plan from the "wrestler's on file" page. However, you will not be able to provide a date filter by using this option.

### **How to retrieve login and password information for student-athletes so they can view their individual assessment data as well as access the integrated nutrition program (please note, the wrestlers can design their own customized diet that honors their weight loss/gain plan by using these codes).**

1. On the Scholastic OPC homepage, click on Wrestlers on File on the drop down menu underneath the Coaches heading on the main tool bar.
2. You will now be on the 'wrestlers on file' page.
3. The program will automatically assign each wrestler a unique Login ID and Password for each wrestler.
4. At the top of the page, click on the "export wrestlers name and password to excel." This will export the page to an excel document which you can download and print to your computer.
5. The coach should give each individual wrestler their unique Login ID and Password. The wrestler and his/her parents have access to their individual assessment data and the nutrition program.

Once the coach/assessor is finished working on the Optimal Performance Calculator Program, he/she should make sure to logoff on the menu bar on the Scholastic OPC homepage.

### **Contact to us**

For more information, please visit the NWCA Optimal Performance Website at [www.nwcaonline.com](http://www.nwcaonline.com). For problems or questions please contact the NWCA office at 717-653-8009 or email at [ptocci@nwca.cc](mailto:ptocci@nwca.cc).

**2024-2025**  
**OSSAA WRESTLING WEIGHT MANAGEMENT PROGRAM**  
**STUDENT DATA INFORMATION AND TESTING FORM**

**To be completed by the coach and parent prior to the wrestler being tested:**

**Please print**

1. Name of student \_\_\_\_\_
2. Name of school \_\_\_\_\_
3. Grade in school \_\_\_\_\_ Gender: Male \_\_\_\_\_ Female \_\_\_\_\_
4. Parental or Guardian consent: I hereby give my permission for the above-named wrestler to be tested by a certified assessor for hydration and body fat analysis. The hydration testing will be a urine analysis which will only test for hydration. The body fat testing will be done by skin fold calipers or a bioelectrical impedance machine. Failure to sign this consent will result in a wrestler not being tested and ineligible to compete in high school wrestling.

Parent or Guardian Signature \_\_\_\_\_

**To be completed by the assessor:**

5. Date of Assessment \_\_\_\_\_
6. Hydration Test: Pass \_\_\_\_\_ Fail \_\_\_\_\_
7. Body Weight (Measured to a tenth of a pound, no rounding) \_\_\_\_\_

**Complete either #8 or #9**

8. Skin Fold Measurements:

	Test 1	Test 2	Test 3
a. Triceps	_____	_____	_____
b. Subscapular	_____	_____	_____
c. Abdominal (Male only)	_____	_____	_____

9. Bio-Impedance Assessment

- a. Student's Height \_\_\_\_\_  
(measure to the nearest ½ inch, round up)
- b. Percentage of Body Fat \_\_\_\_\_
- c. Attach printer tape from the Tanita Bioelectrical Impedance 300WA machine (athletic male mode) to this form