

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
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).
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)

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. For problems or questions please contact the NWCA office at 717-653-8009 or email at ptocci@nwca.cc.