

# Instructions for Scholastic Assessors using the On-Line Optimal Performance Calculator

## Logging into the program:

Go to the IHSAA web site [www.iahsaa.org](http://www.iahsaa.org) and click on “Wrestling.” Under the “Wrestling” heading click on “NWCA Optimal Performance Calculator”.

1. Once at the NWCA OPC home page, click on **Login**. Login using your Assessor ID and Assessor Password provided by the Athletic Association. **LOGIN ID AND PASSWORD ARE CASE SENSITIVE!** *The first time you login for this school year you will be required to update your contact information.*
2. You are now logged into the system. You will see this message, “Welcome, (your login ID), you are now logged into the OPC.” This assures you are a logged into the system.
3. From the menu bar at the top of the page, put the cursor over the **Assessors** tab on the menu bar and click on **Select/Change School**. You will be taken to a page that lists all Iowa schools with wrestling programs. Select the school for whom you will be entering information. **Once you select the school from the drop down menu, you MUST enter the school password given to you by the school.** Then click the **Change School/Select School** button.

## Body Composition Assessment Data Entry:

1. Under the **Assessors** tab click on **High School Initial Assessment**.
  - You are now on the IHSAA Wrestling Body Composition & Hydration Assessment Form.
  - Click inside the box for the wrestler’s first name. You can now enter each wrestler’s personal information using the “TAB” key to move from box to box.
  - Wrestler’s “Gender” automatically defaults to male; if the wrestler is female, click on “Click to add female wrestler”.
  - Grades can be entered manually or from the drop down “Grade” box. **In Iowa we only require body composition assessments for wrestlers in grades 9-12.**
  - Height and weight can be entered manually or from the drop down list. *Height is entered to the nearest inch.*

**STEP 1.** In the “Date” box, enter the date of competition. The best way to do this is to use the calendar provided to select the date of competition.

- *Urine Specific Gravity* – Enter the fact that the wrestler passed the hydration assessment. This can be done from the drop down or by entering, "P". **If the wrestler failed the hydration assessment there is NO need to go any further as the wrestler will need to wait at least 24 hours before the entire process, beginning with the hydration assessment, can begin again.**
- *Alpha Body Weight (BW)* - **Enter body weight rounded down to the nearest pound.** If you enter body weight as a decimal, **THE OPC WILL AUTOMATICALLY ROUND BODY WEIGHT DOWN TO THE NEAREST POUND when you tab to the next box.**

**STEP 2.** *Body Density (BD)* - Information will be automatically populated here if you are using skin fold measurements.

- Enter each trial of the skinfold measurements from the three locations. **YOU MUST ENTER THREE TRIALS FOR EACH SITE FOR THE SYSTEM TO ACCURATELY CALCULATE THE ROUNDED UP AVERAGE OF THE THREE MEASUREMENTS.** Tab from box to box. After entering the final skin fold measurement tab to the next box.
  - If you are using any method other than skin folds you can tab through all the skin fold information boxes or click inside the "%BF" box, enter the percent fat and hit the "TAB" key. Clicking inside the "%BF" box will not populate a number inside the BD box, but will allow all calculations to be accurate.

**STEP 3.** *Percentage of Body Fat (%BF)* - If using skin folds, the percent body fat will be automatically calculated, but **YOU MUST TAB THROUGH THE BOXES.**

- If using any other method of body composition assessment, you will manually enter the percent of body fat as determined by the method used. **THE OPC WILL AUTOMATICALLY ROUND PERCENT BODY FAT UP TO THE NEAREST PERCENT and perform all other calculations when you hit the "TAB" key.**

**STEP 4.** *Fat Weight (FW)* - The Fat Weight will be automatically calculated and entered by the program. Hit the "TAB" key to proceed to the next box.

**STEP 5.** *Fat Free Weight (FFW)* - The Fat Free Weight number will be automatically calculated and entered by the program. Hit the "TAB" key to proceed to the next box.

**STEP 6.** *Minimum Wrestling Weight* - The Minimum Wrestling Weight will be automatically calculated and entered by the program. This weight represents the lowest allowable wrestling weight (7% Body Fat for males, 12% Body Fat for females) for this student-athlete. Hit the "TAB" key to proceed to the next box.

- STEP 7.** “Tab” through Step 7.
- STEP 8.** “Tab” through Step 8.
- STEP 9.** “Tab” through Step 9.
- STEP 10.** *Min. Wrestling Weight After Deadline* - The wrestler’s Minimum Wrestling Weight will be calculated automatically.
- STEP 11.** *Minimum Weight Class (MWC)* - The wrestler’s Minimum Wrestling Weight Class will be calculated automatically.
- **Assessor name and agency:** Enter your name, agency on every wrestler’s form.
  - **Date:** Enter the date the assessment form is completed.
  - If you want to print the page **before saving it**, use the printer icon on the tool bar or go to “File”, “Print”. If you do not print the information here you can always retrieve it for printing later by going to **Wrestlers on File**.
  - Click **Save & Print**, and verify you want to print the page, to save this student-athlete’s information. To print your computer **MUST** allow pop ups.

### **Entering Additional Athletes or Ending Your Session:**

- After clicking the **Save & Print** button you will be taken to a blank assessment page to enter the next athlete’s information. You can enter information for another wrestler or, if you are finished with your session, you can scroll to the bottom of the page and click the **Main Menu** button.

### **Changing Names, Grades, Etc.**

- Log into the school’s website and go to **Wrestlers on File**. Select the wrestler whose information you would like to change. Click **Select** in the Assessment column. After making the changes on the assessment form, click **Save and Print**. The system will not automatically print the sheet from this section. Coaches can also change names and grades very easily from their school log in.

### **How to Change Schools to Enter New Assessment Data:**

- On the NWCA OPC Main Menu, click **Select/Change School** under the **Assessors** tab on the menu bar.
- Select the school from the drop down menu.
- Enter the school password and click **Change School/Select School.**
- Repeat this process every time you want to go to a new school.

### **How to Delete a Wrestler's Assessment:**

- If you want to delete a wrestler please contact Alan Beste at the Athletic Association. 515-432-2011 or <abeste@iahsaa.org>

### **How to View Wrestlers on File: (This is a great option for viewing past assessments and current weight loss plans)**

- Select **Wrestlers on File** or **Alpha Master Report** under the **Assessors** tab on the Main Menu.

### **How to Enter an Assessment Appeal:**

- Appeals may only be performed with permission from the Iowa High School Athletic Association. **Any wrestler appealing their original body composition assessment must present a completed Request for Appeal form to an assessor from the ORIGINAL body composition assessment agency.**
- Click on **High School Appeal Form** under the **Assessors** tab on the Main Menu.
- **Select** the wrestler whose body composition assessment is being appealed.
- Appeal information is entered into the OPC in the same way the original information was entered.
  - **ENTER THE SAME DATE** for the appeal as the original assessment date so the wrestler's descent plan is not changed.
  - Use the **WEIGHT AT THE TIME OF THE ORIGINAL ASSESSMENT, UNLESS THE WRESTLER HAS GAINED MORE THAN 1.5%** of their original assessment weight, rounded up to the nearest pound.
  - Wrestlers **CANNOT NOT USE A WEIGHT LOWER THAN THEIR ORIGINAL** assessment for the appeal.

### **How To View a Wrestler's Individual Weight Loss Plan:**

- Select **Weight Loss Plan** or **Wrestlers on File** under the **Assessors** tab on the Main Menu.
- You will now be on a page that will list all of the wrestlers on file for the school you have selected.
- Click on the wrestler's name for whom you would like to view the weight loss plan.

### **How to retrieve Student Login ID and Student Password information for wrestlers 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):**

**(Coaches also have access to this information so they can give it to their wrestlers)**

1. From the NWCA OPC homepage, click on **Wrestlers on File** under the **Coaches** tab on the menu bar.
2. The program has automatically assigned each wrestler a unique **Student Login ID** and **Student Password** for each wrestler.
3. At the top of the page, click on the "Export Wrestlers Username and Passwords to Excel." This will export the page to an excel document which you can download and print for future reference.
4. The coach should give each individual wrestler their unique **Student Login ID** and **Student Password**. The wrestler and his/her parents will then have access to their individual assessment data and the nutrition program.

***Remember to log off once you are finished on the OPC.***

### **Contact us:**

For problems or questions please contact Alan Beste at the Iowa High School Athletic Association (515) 432-2011 or [abeste@iahsaa.org](mailto:abeste@iahsaa.org) or Pat Tocci or Betsy Peachey at the NWCA office at (717) 653-8009 or [ptocci@nwca.cc](mailto:ptocci@nwca.cc) or [bpeachey@nwca.cc](mailto:bpeachey@nwca.cc).

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