

Instructions for High School Wrestlers **Using the NWCA On-Line Optimal** **Performance Calculator**

How wrestlers access the Optimal Performance Calculator Program.

Go to the IHSAA web site www.iahsaa.org and click on “Wrestling.” Under the “Wrestling” heading click on “NWCA Optimal Performance Calculator Log In”.

1. Once at the NWCA OPC home page, click on “Login”.
2. You will need to “Login” using your student Login ID and Password provided by your coach.
3. You are now logged into the system. You will see this message, “*Welcome, (your login ID), you are logged into the OPC.*” This assures you are a logged into the system.

How wrestlers view their Individual Weight Loss Plan.

1. Once logged in, put the cursor over the **Student-Athletes** tab. A drop down menu will appear. Select **Individual Weight Loss Plan.**
2. The “Individual Weight Loss Plan Form” will appear. You can print out a copy of this page and retain it for your records.
3. You can always exit by clicking on “Main Menu”.

How wrestlers create and view their Individual Nutrition Program.

1. Once logged in, put the cursor over the **Student-Athletes** tab. A drop down menu will appear and the wrestler will select **Nutrition Program.**
2. You will be taken to your personal NWCA nutrition program. Follow the step-by-step instructions on each page of the nutrition program. The plan will allow for the proper allotment of calories, carbohydrates, protein, and fats that corresponds to your weight loss plan.

3. Once the you finish selecting your daily or weekly meal plans, you can print it out.
4. You can always exit the meal plan by following the directions on the screen or clicking on “Main Menu”.

How wrestlers can track their daily activity.

1. Once logged in, put the cursor over the **Student-Athletes** tab. A drop down menu will appear. Select **Physical Activities**.
2. You will be taken to your personal NWCA physical activities plan. Follow the step-by-step instructions to enter the activities you participated in each day. The plan will allow you to choose activities and have the calories burned calculated automatically.
3. You can always exit by clicking on “Main Menu”.

Remember to log off when you are finished using the OPC.

How to Contact the NWCA.

For more information, please visit the NWCA Optimal Performance Website at www.nwcaonline.com/performance. For problems or questions please contact Pat Tocci at the NWCA office at 717-653-8009 or email at ptocci@nwca.cc

11/10