

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

Logging into the program:

Go to the IHSAA web site 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 at the scholastic Main Menu. 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.

Data Entry of assessment forms:

- 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.*
1. **STEP 1: Alpha Body Weight (BW)**
 - Enter the date of the assessment using the calendar or you may enter it manually, if you follow the designated format.

- Enter whether the wrestler passed or failed the hydration assessment. ***If the wrestler failed the hydration assessment the system will not allow any information, other than weight, to be entered.***
 - ***Enter body weight rounded down to the nearest pound. THE OPC WILL AUTOMATICALLY ROUND BODY WEIGHT DOWN TO THE NEAREST POUND.*** If you enter body weight as a decimal anything after the decimal will be dropped.
2. ***STEP 2: Body Density (BD)*** - Only enter information here if you are using skin fold measurements. If you are using any other method of body composition assessment move to STEP 3 (*Percent Body Fat*).
- 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 step 3.
3. ***STEP 3: Percentage of Body Fat (%BF)***
- If using skin folds, the percent body fat will automatically tabulate from the values entered in step 2, 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.***
 - After the body fat value is calculated or entered, hit the “TAB” key proceed through the form.
4. ***STEP 4: Fat Weight (FW)***
- The Fat Weight will be automatically calculated and entered by the program. Hit the “TAB” key to proceed to Step 5.
5. ***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 Step 6.
6. ***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 step 7.
 - ***NOTE: In order for the program to calculate the numbers in Steps 4-6, you must “Tab” through each step after you enter the % Body Fat number in Step 3 or click the Calculate button.***
7. ***STEP 7:*** “Tab” through Step 7.

8. *STEP 8:* “Tab” through Step 8.
9. *STEP 9:* Number of days to deadline weight
 - The Minimum Wrestling Weight will be automatically the number of days needed to reach minimum wrestling weight at an average weight loss of 1 ½% per week. Hit the TAB key to proceed to step 10.
10. *STEP 10:* Min. Wrestling Weight After Deadline
 - The Minimum Wrestling Weight will be automatically when an athlete can reach the minimum wrestling weight, if following his/her descent plan. Hit the “TAB” button to proceed to step 11.
11. *Step 11:* Minimum Weight Class:
 - The Minimum Wrestling Weight will be automatically calculate the minimum weight class for the wrestler.
12. **Assessor name and agency:** Enter your name, agency on every wrestler’s form.
13. **Date:** Enter the date the assessment form is completed.
14. 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 later for printing by going to **High School Wrestlers on File.**
15. 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:

1. 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.

1. 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.** You do not need to print the information in order to save it.

How To Change Schools To Enter New Assessment Data:

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

How To Delete A Wrestler's Assessment:

1. 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)*

1. Select High **School Wrestlers on File** under the **Assessors** tab on the Main Menu.

How to Enter an Assessment Appeal:

1. 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.**
2. Click on **High School Appeal** the **Assessors** tab on the Main Menu.
3. **Select** the wrestler whose body composition assessment is being appealed.
4. 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 down to the nearest pound. **Wrestlers cannot not use a weight lower than their original assessment for the appeal.**

Please contact Alan Beste with any questions. abeste@iahsaa.org 515-43202011.

How to View the High School Alpha Master Report:

1. Select **Alpha Master Report** under the **Assessors** from the Main Menu.
2. You may print out this form using the **Print Form** button at the bottom of the page.

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

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

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 or Pat Tocci at the NWCA office at (717) 653-8009 or ptocci@nwca.cc.