NWCA OPC powered by Trackwrestling Coaches Tutorial

Roster, Schedules, Weigh-Ins, Results, and Reports



NWCA's Decision to Fully Integrate the OPC with TrackWrestling

As of September 1st 2014, the OPC is now the "NWCA OPC Powered by TrackWrestling"

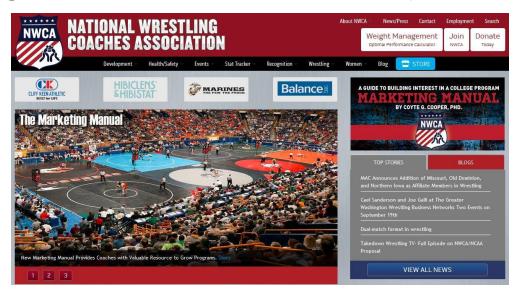
Optimal Performance Calculator –To improve the usability of the system for coaches and state associations, the OPC and TrackWrestling now reside on the same platform Future plans include a state of the art sports nutrition program





NWCA OPC Weigh-in and Results System

- Update Team Roster
- Enter TeamSchedule
- Create Pre-Match Weigh In Form



- Record & Save Actual Weigh In Weights Post Match
- Record Match Results
- View Season Record Forms

Main Track Wrestling Page



Click on the Manage button and then season teams



Login Page and Main Menu

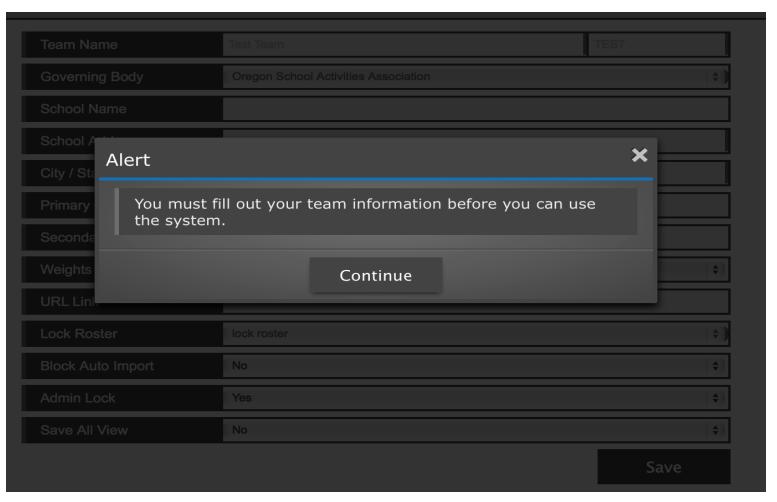
- Log into the OPC using the Coach's Login ID and Password assigned
- Click on the login next to the 2017-18 High School Boys
- http://www.youtube.com/ watch?v=TPhE_HQGsKk &list=UUAHHEP7u6dnKp 65rPKw3nJg



Show: 6 1 - 6 of	f 46 < >
2016-17 College Men	Login 👤
2016-17 College Women	Login 👤
2016-17 High School Boys	Login 👤
2016-17 High School Girls	Login 👤
2016-17 Middle School	Login 👤
2016-17 Youth	Login 👤

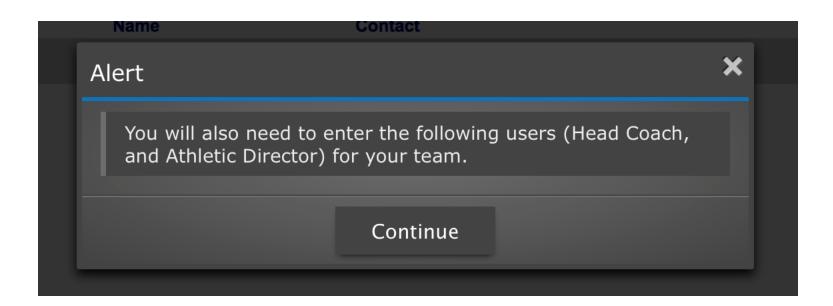
Initial Login

Need to update team information



Initial Login – Step 2

Update your information and athletic director

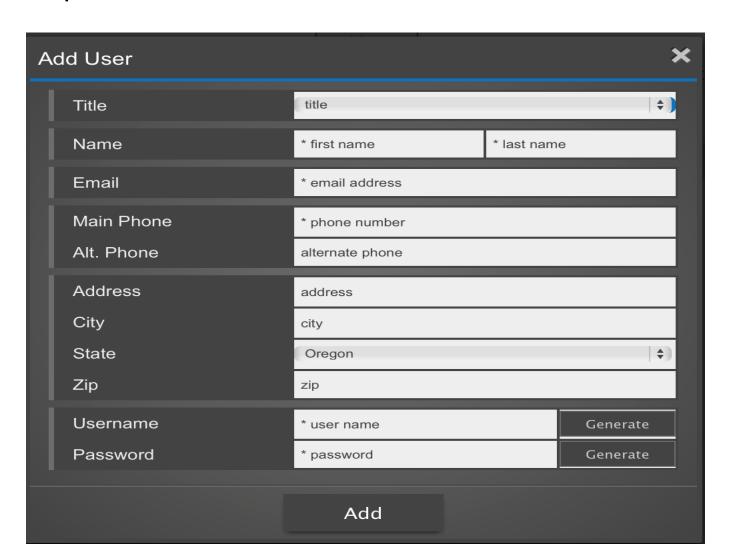


Add User

① You must enter the following admin types (Head Coach, Athletic Director)

Initial Login - Step 2a

Complete Information on Athletic Director



Initial Login – Step 2b

Complete Information on Athletic Director and click add

Αc	dd User			×
	Title	Athletic Director		(\$)
	Name	Joe	Director	
	Email	test@test.com		
	Main Phone	555-555-1212		
	Alt. Phone	alternate phone		
	Address	address		
	City	city		
	State	Oregon		(*)
	Zip	zip		
	Username	jahor		Generate
	Password	nddst		Generate
		Add		



Initial Login – Step 2C

List of users

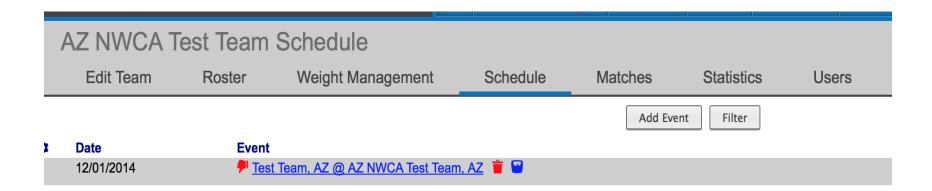
					Show: 50
Title	Name	Contact	Address	Active	OPC
Athletic Director	Joe Director	test@test.com (555) 555-1212	, OR	Y	<u>N</u>
Head Coach \$	Billy Joel 👤	billy@trackwrestling.com (333) 333-3333	, OR	Y	Y

Note: You have the ability to add additional users to have access to the OPC and your stats program by adding users on this page.



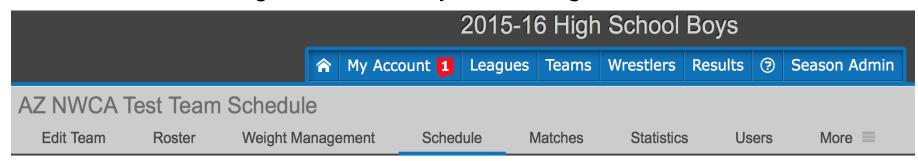
Coaches Dashboard

Land on schedule





- On dashboard will be messages for you to review
- Click on messages for summary of messages







Ability to order wrestlers, add wrestlers and import roster – To start the season you will want to import your previous year roster first





Click on Import Roster to import roster from previous season – Will want to do as a new season

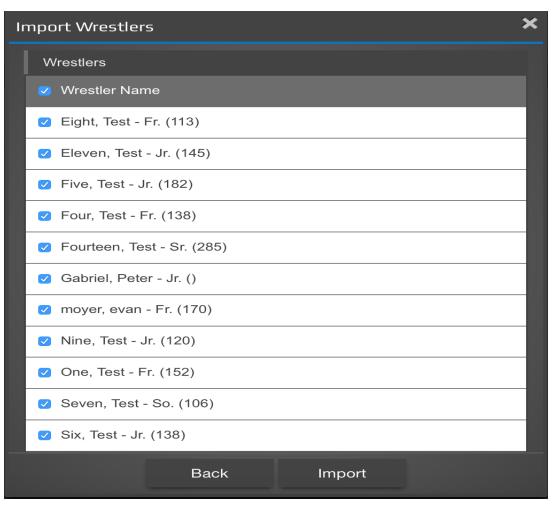
Click on **2015-16 High School** from Seasons. – Click on Teams and select your schools and then click next

http://www.youtube.com/watch?v=Yb6BT0uBm9s&list=UUAHHEP7u6dnKp65rPKw3nJg

Import Wrestlers		×
Seasons	2015-16 High School Boys	\$]
Teams	AZ NWCA Test Team	*)
	Next	



Click on the list of wrestlers you would like to import – Grade will roll over when you click on import



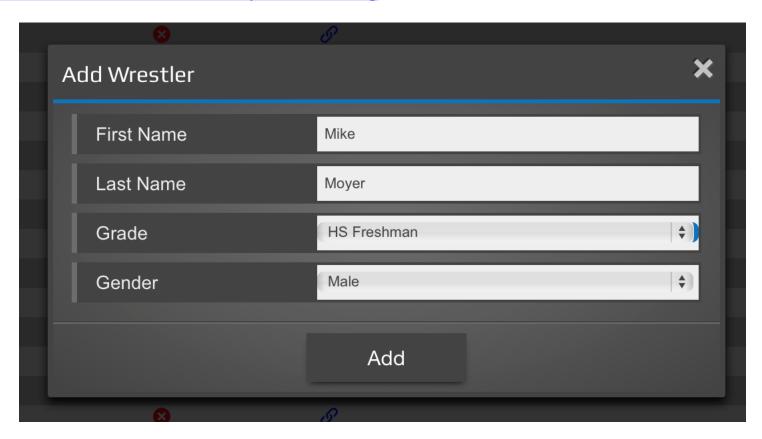


Once you import roster, the roster will now populate

Edit Team	Roster W	eight Management	Schedule	Matches	Statistics	Users	More ≡		
		Add Wrestler	Import Roster	Update Selected Records	Save Order	Criteria Values	Sync Selecte	d	
Order	■ Name		Eligible	TW Profile	MWC	Wt. CI	ass	Gender	Grade
▲ 1▼	Test Eight 🔐 🗶		8	\mathscr{S}				М	So.
▲ 2 ▼	☐ Test Eleven ☐ X		8	\mathscr{S}				М	Sr.
▲ 3 ▼	☐ <u>Test Five</u> ≅ 🗶		8	\mathscr{O}				М	Sr.
▲ 4 ▼	☐ Test Four		8	\mathscr{S}				М	So.
▲ 5 ▼	Test Fourteen	×	8	\mathscr{G}				M	Fr.
▲ 6 ▼	Peter Gabriel	X	8	\mathscr{G}				М	Sr.
▲ 7 ▼	evan moyer 🖁 🗙		8	\mathscr{G}				M	So.
▲ 8 ▼	☐ Test Nine ☐ ★		8	\mathscr{S}				M	Sr.
▲ 9 ▼	☐ <u>Test One</u> ☐ 🗶		8	Ø				M	So.
▲ 10 ▼	☐ Test Seven		8	\mathscr{S}				M	Jr.
▲ 11 ▼	□ <u>Test Six</u> ■ 🗶		8	\mathscr{S}				F	Sr.
▲ 12 ▼	☐ <u>Test Ten</u>		8	\mathscr{S}				M	Sr.
▲ 13 ▼	Test Thirteen	X	8	\mathscr{S}				M	Jr.
▲ 14 ▼	☐ <u>Test Three</u> ≅ 🗶		8	\mathscr{S}				M	So.
▲ 15 ▼	Marco Tocci 🔐 💥	(8	<i>&</i>				M	Jr.
▲ 16 ▼	□ Nico Tocci		8	\mathscr{S}				M	Jr.
▲ 17 ▼	☐ Test Twelve		8	\mathscr{S}				M	Sr.
▲ 18 ▼	☐ Test Two		8	\mathscr{S}				М	So.



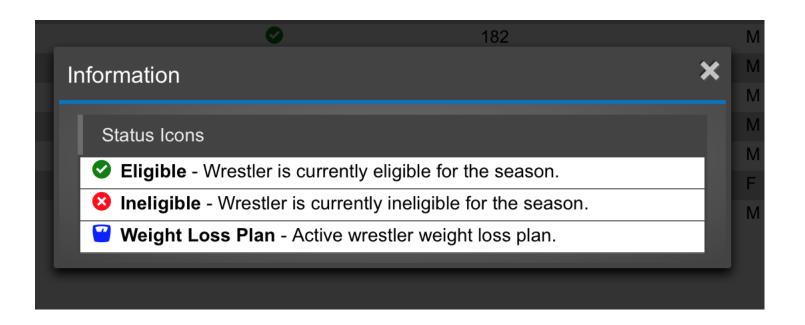
Click on Add Wrestler Button and then click add http://www.youtube.com/watch?v=pBt6yYF-kes&list=UUAHHEP7u6dnKp65rPKw3nJg



Icon Help

To understand the icons click on the ? On each page for a list of the icon legend







Click on Weight Management and then Alpha Master Report http://www.youtube.com/watch?v=0H70ETmG3KA&list=UUAHHEP7u6dnKp65rPK w3nJg

	Roster	Alpha Master	Т	ransactions	3					
							S	earch		
•	Wrestler				Height	% Body Fat	Status	MWW		Eligible Date
•	Eight, Test X Male 11/20/2014	<u> </u>	11	15.00	5' 3"	11.20%	•	109.81	113	11/29/2014
1	Eleven, Test X Male 11/20/2014	•	14	49.00	5' 8"	11.00%	•	142.59	145	12/03/2014
1	Five, Test X Male 10/19/2014	•	19	90.00	5' 11"	14.00%	•	175.70	182	11/08/2014
1	Four, Test X Male 11/20/2014	•	14	42.00	5' 7"	11.00%	•	135.89	138	12/04/2014
:	Fourteen, Test X Male 11/20/2014	<u>"</u>	20	60.00	5' 9"	15.00%	•	237.63	285	11/20/2014
•	moyer, evan X Male 11/19/2014	<u> </u>	18	80.00	5' 11"	16.00%	•	162.58	170	12/15/2014
1	Nine, Test X Male 11/20/2014	<u>~</u>	12	23.00	5' 4"	13.00%	•	115.06	120	12/02/2014
-	One, Test X Male 10/19/2014	•	10	60.00	5' 9"	14.20%	•	147.61	152	11/12/2014



Access from scale icon from alpha master report and/or roster page http://www.youtube.com/watch?v=5GjNJ2qsp34&list=UUAHHEP7u6dnKp65rPKw3nJg

Weight Loss Plan

NWCA Wrestling Weight Certification

Test Nine - AZ NWCA Test Team

Initital weight: 123 lbs

Weight loss per week: 1.84 lbs

Final date: 02/14/2015

Date		Actual Eligible Weight	Eligible Weight Class
11/20/2014	Initital Assessment	123.00	126
11/21/2014	Day 1	122.74	126
11/22/2014	Day 2	122.47	126
11/23/2014	Day 3	122.21	126
11/24/2014	Day 4	121.95	126
11/25/2014	Day 5	121.68	126
11/26/2014	Day 6	121.42	126
11/27/2014	Day 7	121.16	126
11/28/2014	Day 8	120.89	126
11/29/2014	Day 9	120.63	126
11/30/2014	Day 10	120.36	126
12/01/2014	Day 11	120.10	126
12/02/2014	Day 12	119.84	120



Team Schedule

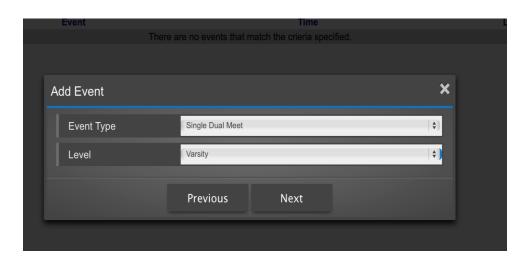
Click on add event – select event type and level from drop down

Adding a Single Dual Meet:

http://www.youtube.com/watch?v=UuAXyPOlyhk&list=UUAHHEP7u6dnKp6 5rPKw3nJg

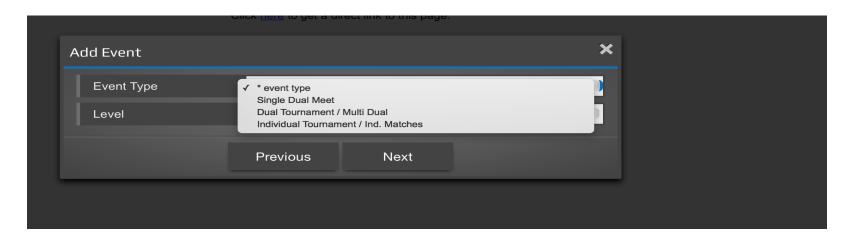
Adding a Dual Tournament or a Multi-Dual:

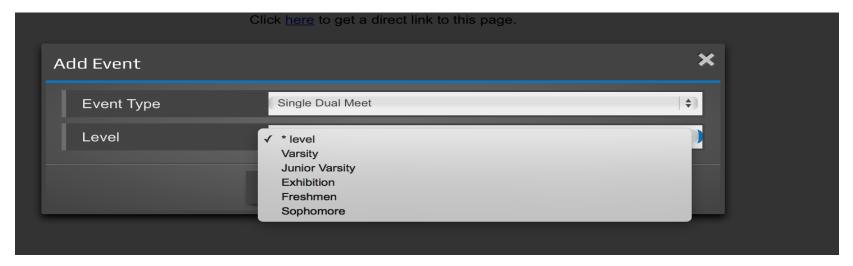
http://www.youtube.com/watch?v=IBzRKF_dpYQ&list=UUAHHEP7u6dnKp6
5rPKw3nJg



Add Dual Meet—Step 1

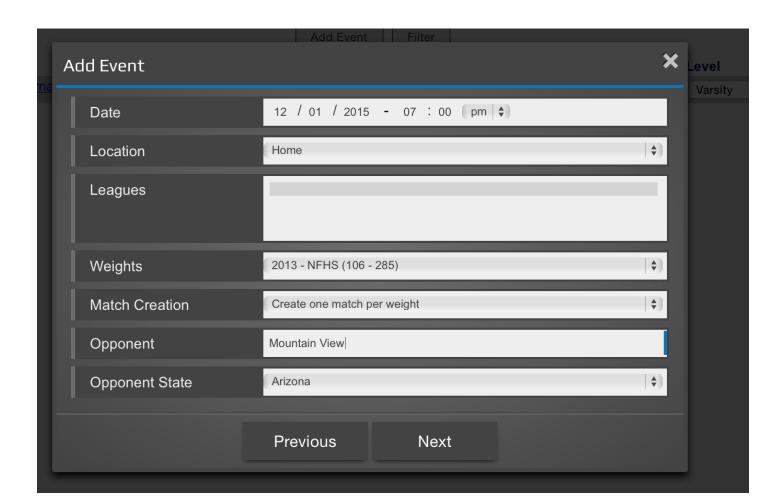
Select Event Type and Level of Event. The home school should be the one who enters this event







As Home team host, complete all information about the dual meet then click next



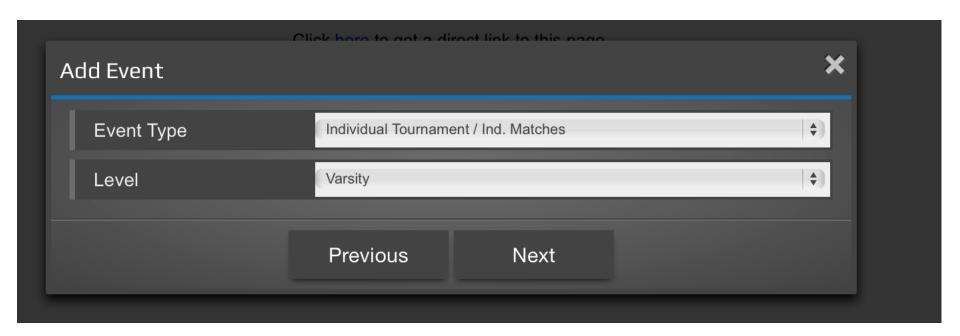


Select team from list of schools and then click next to add to schedule





Follow these steps if you are hosting a tournament



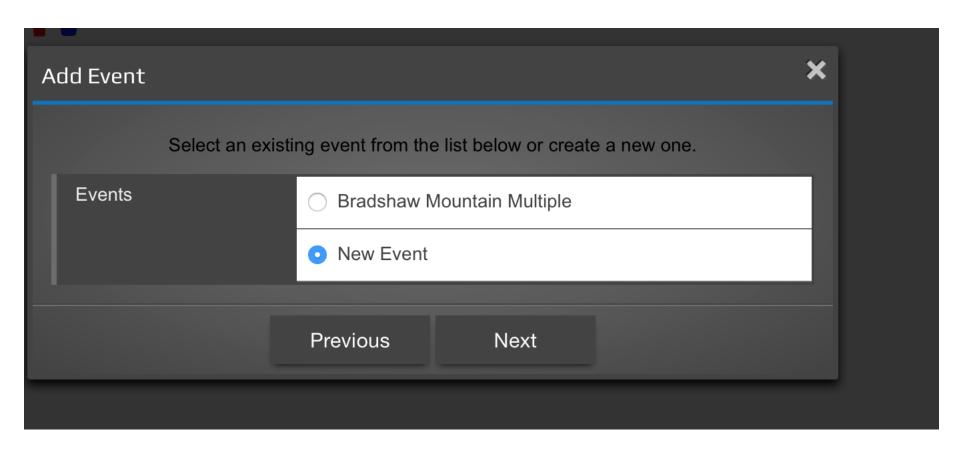
Hosting Tournament – Step 2

Select your school as the host team and then click next



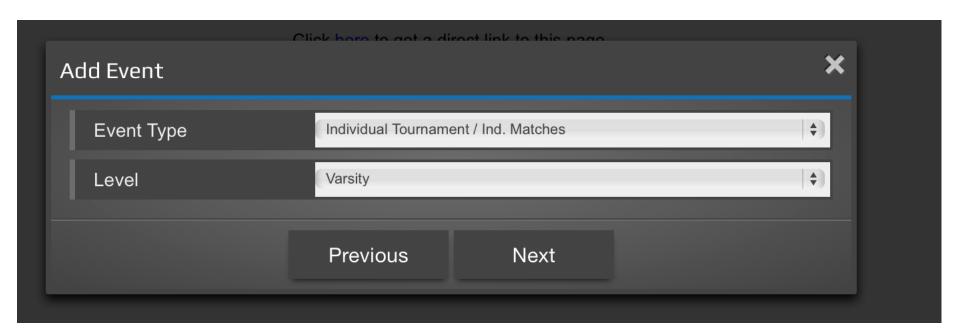


Click on the button that says new event. This will add to your schedule and allow other schools to add it to their schedule





Follow these steps if you are attending a tournament hosted by another school



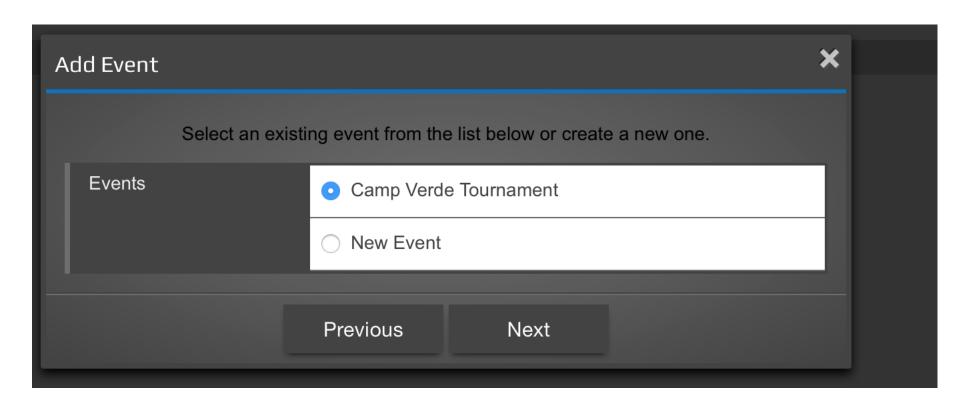
Adding Tournament – Step 2

Complete information on tournament. Make sure you use the correct dates





Click on the button for the event that you will be attending. This will now add to your schedule.





Updated Schedule

These steps will provide you with an updated schedule





Adding a Weigh-in form

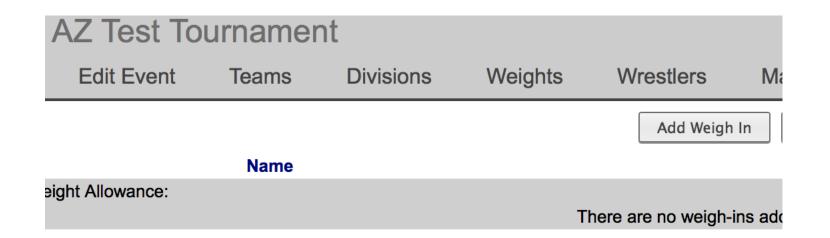
Click on the scale icon next to the competition





Adding a Weigh-in form – Step 2

Click on add weigh-in





Adding a Weigh-in form – Step 3

Select wrestler to appear on weigh-in forms and then click add

A	dd Weigh In	X
	Wrestlers	wrestlers 106 - Test Seven 113 - Test Eight 120 - Test Nine 126 - Test Ten
	Weigh-in Date	12 / 05 / 2014
	Weight Allowance	(0 lbs
		Add

Adding a Weigh-in form – Step 4

Edit any weight class and then save form - Print from this page as well

Save Form

			① This form has not been committed.
*	Name	Weight	12/05/2014
Veigl	nt Allowance:		0 lbs ÷ DNP / EWW / EWC
	Test Seven 🕝	106 💠	* weight 105.50 / 106
	Test Eight 🐸	113 ‡	* weight 111.30 / 113
	Test Nine	120 \$	* weight 119.05 / 120
	Test Ten 🕝	126 ‡	* weight 125.25 / 126
	Test Three 🖁	132 \$	* weight 130.66 / 132
	Test Four 🕝	138 ‡	* weight
	Test Six 🖁	138 💠	* weight 135.00 / 138
	Test Eleven 🕝	145 💠	* weight 144.21 / 145
	Test One	152 💠	* weight 147.61 / 152
	Test Twelve	160 ‡	* weight 150.02 / 152
	Test Five	182 💠	* weight 175.70 / 182
	evan moyer 📶	182 ‡	* weight
	Test Two 🖁	195 💠	* weight 193.14 / 195
	Test Thirteen 🗹	220 \$	* weight 212.93 / 220
	Test Fourteen 😈	285 \$	* weight 251.64 / 285

285 \$



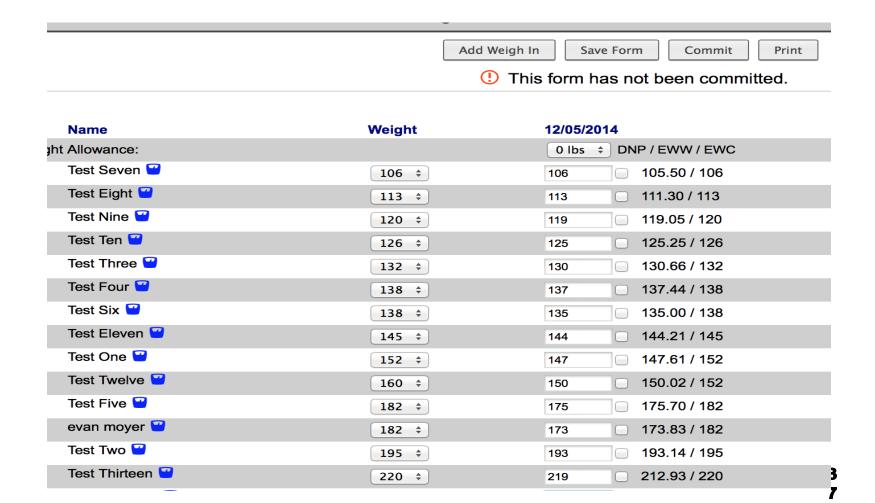
Recording Actual Weights—Step 1

Post Competition click on scale icon

\$	Date	Event
1	12/03/2014	P Test Team, AZ @ AZ NWCA Test Team, AZ 👕 🖼
	12/05/2014	P AZ Test Tournament, AZ 👕 💟

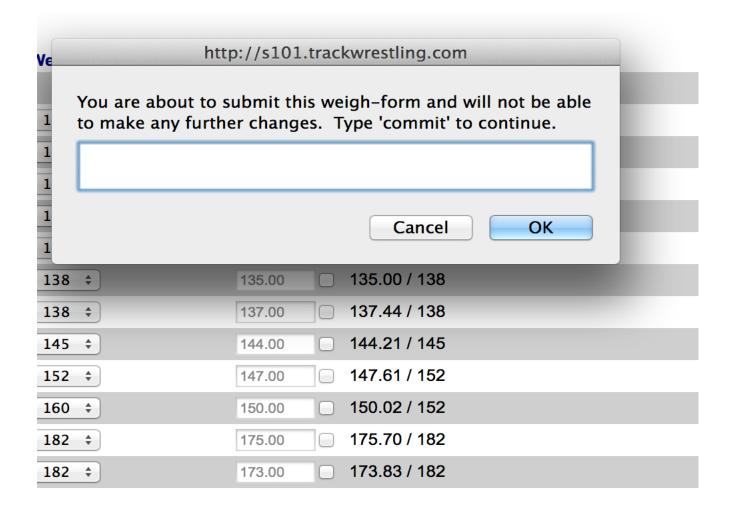
Recording Actual Weights—Step 2

Enter actual weights and click on save form





After saving click on commit





Click on event from schedule

‡	Date	Event
1	12/03/2014	P Test Team, AZ @ AZ NWCA Test Team, AZ 🝵 🕝
•	12/05/2014	P AZ Test Tournament, AZ 👕 💟 👽



Click on event from schedule

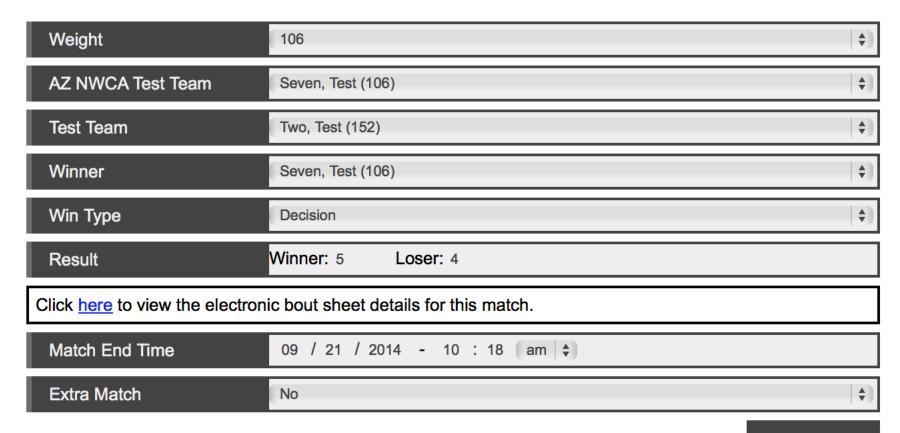


Click on weight class to start entering match results

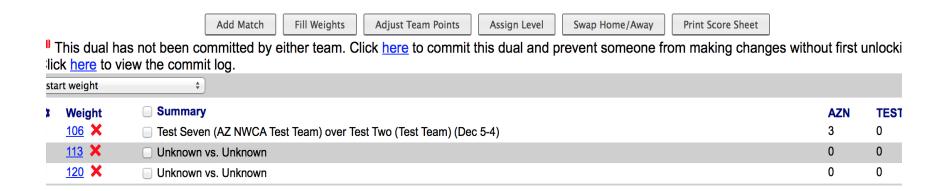
	_							
		Add Match Fill Weights Adjust Team Points Assign Level Swap H	ome/Away Print Score Sheet					
lick	This dual has not been committed by either team. Click here to commit this dual and prevent someone from making changes without fir click here to view the commit log.							
start v	weight	*						
*	Weight	Summary Summary	AZN	TEST				
	<u>106</u> 🗶	Unknown vs. Unknown	0	0				
	<u>113</u> 🗶	☐ Unknown vs. Unknown	0	0				
	<u>120</u> 🗶	Unknown vs. Unknown	0	0				
	<u>126</u> 🗶	☐ Unknown vs. Unknown	0	0				
	<u>132</u> 🗶	Unknown vs. Unknown	0	0				
	<u>138</u> 🗶	☐ Unknown vs. Unknown	0	0				
	<u>145</u> 🗶	Unknown vs. Unknown	0	0				
	<u>152</u> 🗶	☐ Unknown vs. Unknown	0	0				
	<u>160</u> 🗶	Unknown vs. Unknown	0	0				
	<u>170</u> 🗶	☐ Unknown vs. Unknown	0	0				
1	400 🐸	~***	^	^				



Complete match information and click save



Match score updates – Once all matches are entered click on commit to finalize



Enter all match results and then click save all when complete

LITITZ CHRISTIAN SCH vs New Jersey

			Offline Entry Live Entry Summary Results		
			Print Bouts ▼ Print Save All		
2012 - NFHS (106 - 285)		Starting Weight Class:			
	Match Summary				
<u>106</u>	Unknown	▼ over Unknown	Score: 0 -0 Time: 0 :00		
<u>113</u>	Unknown	▼ over Unknown	▼ Score: 0 -0 Time: 0 :00		
120	Unknown	▼ over Unknown	▼ Score: 0 -0 Time: 0 :00		
<u>126</u>	Unknown	▼ over Unknown	Score: 0 -0 Time: 0 :00		
<u>132</u>	Unknown	▼ over Unknown	▼ Score: 0 -0 Time: 0 :00		
<u>138</u>	Unknown	▼ over Unknown	Score: 0 -0 Time: 0 :00		
<u>145</u>	Unknown	over Unknown	▼ Score: 0 -0 Time: 0 :00		
<u>152</u>	Unknown	▼ over Unknown	Score: 0 -0 Time: 0 :00		
<u>160</u>	Unknown	▼ over Unknown	▼ Score: 0 -0 Time: 0 :00		
<u>170</u>	Unknown	▼ over Unknown	Score: 0 -0 Time: 0 :00		
<u>182</u>	Unknown	▼ over Unknown	▼ Score: 0 -0 Time: 0 :00		
<u>195</u>	Unknown	over Unknown	▼ Score: 0 -0 Time: 0 :00		
220	Unknown	over Unknown	▼ Score: 0 -0 Time: 0 :00		
<u>285</u>	Unknown	▼ over Unknown	▼ Score: 0 -0 Time: 0 :00		
Dual Meet Score Adjust Team Points					

.

Live Score Dual Meet

Ensure live entry is selected on the schedule on the far right



12/08/2014

P Test Team, AZ @ AZ NWCA Test Team, AZ 📋 🖼

8:00 p.m.

Varsity

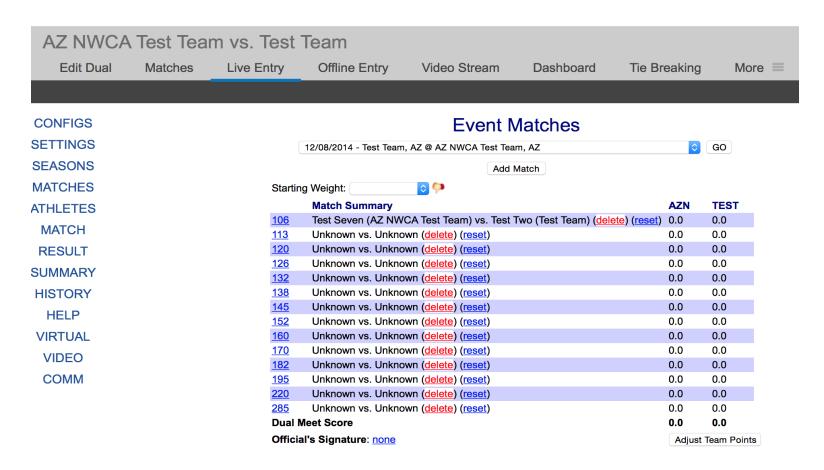




Click on live entry

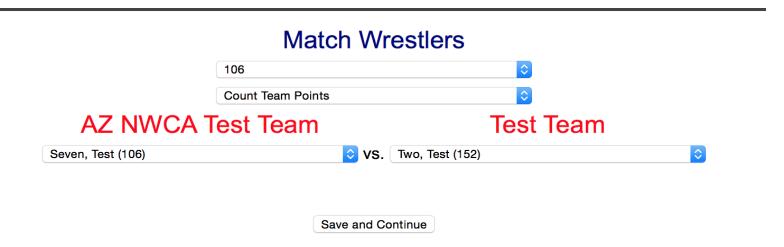


Select weight class to start scoring

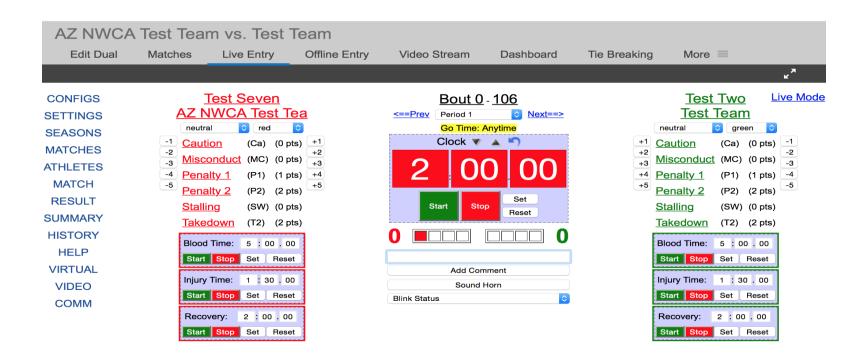




Select wrestlers



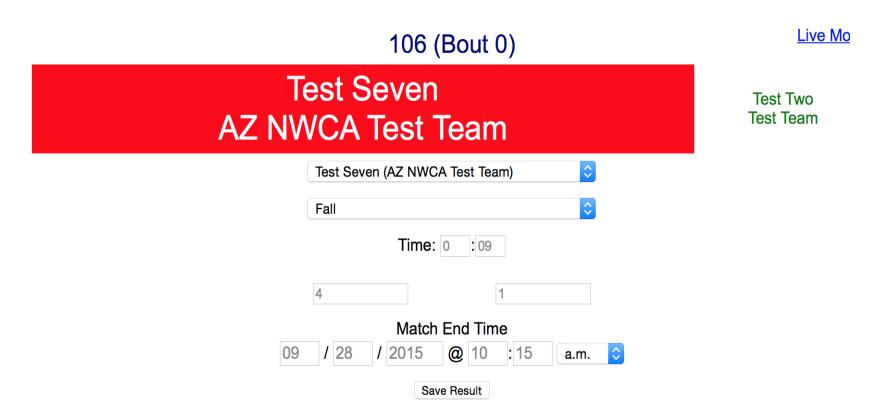
Score Match



M

Live Score Dual Meet

Enter Result



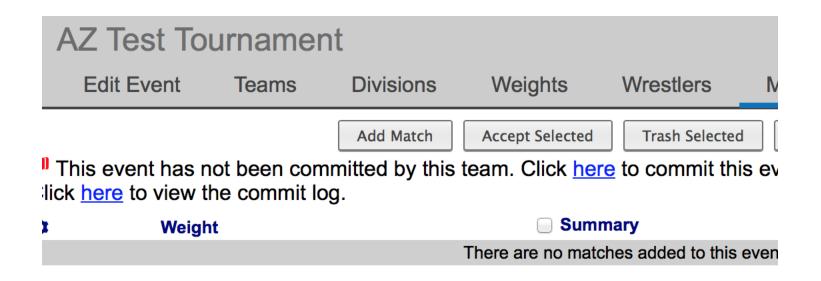


Click on event from schedule

\$	Date	Event
1	12/03/2014	P Test Team, AZ @ AZ NWCA Test Team, AZ 👕 🗹
•	12/05/2014	P AZ Test Tournament, AZ 🝵 💟 👽



Click on Add Match



Enter Match Information and click on next – Complete for all matches





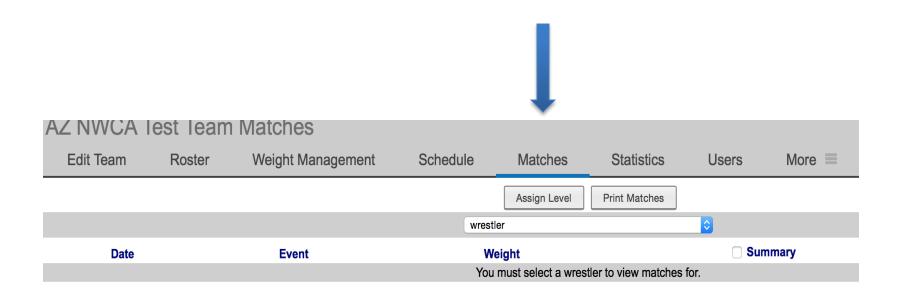
Summary of matches will appear





View Season Record Forms

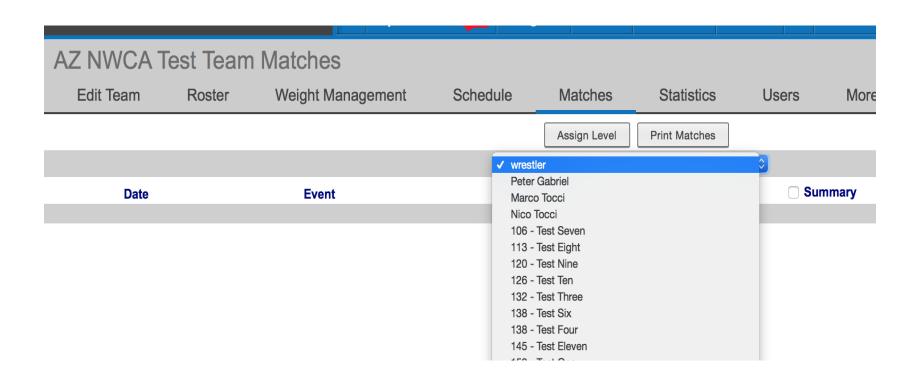
Click on matches from the menu bar





View Season Record Forms

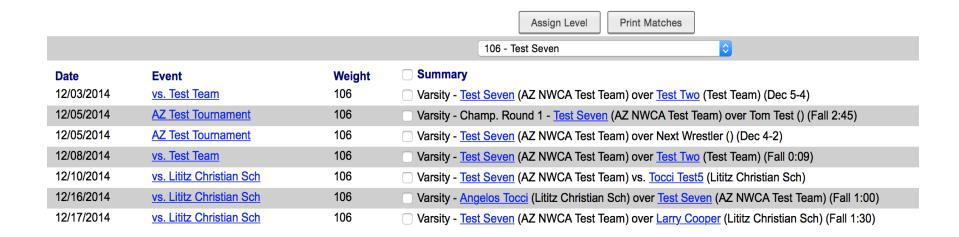
Select wrestler from drop down button





View Season Record Forms

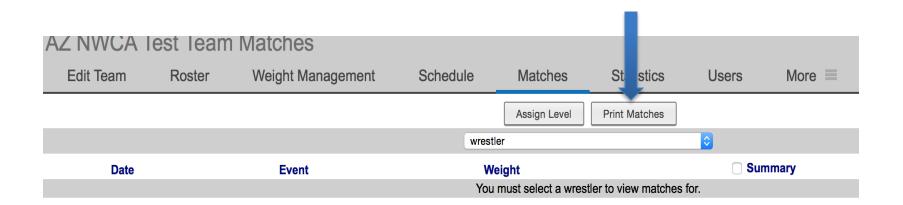
View matches





Print Record Forms

Click on print button from the matches page





Print Season Record Forms-Step 1

Select wrestler from the list of wrestler.

Click the matches for what levels

Select Season Record Forms from drop down

Click the submit button

Print Wrestler Matches

Wrestlers	Peter Gabriel Marco Tocci Nico Tocci 106 - Test Seven 113 - Test Eight	
Levels	levels Varsity Junior Varsity Exhibition Freshmen	
Count Byes	Print Matches	(\$)
Individual Season Record	Season Record Form	(\$)
		Submit



Print Season Record Forms-Step 2

Season record form appears and print

2014-15 AIA Individual Season Wrestling Record

Name: Test Seven

Institution: AZ NWCA Test Team

Year in School: So.

Certified Weight Class: 106

Date of Certification: 11/20/2014

Date	Weight Class	Actual Weight	Win/Loss	Result	Level	Opponent's Name	Opponent's Institution	Event (Place)	Record
12/03/2014	106		W	Dec 5-4	Varsity	Test Two	Test Team	vs. Test Team	1-0
12/05/2014	106	106.00	W	Fall 2:45	Varsity	Tom Test		AZ Test Tournament	2-0
12/05/2014	106	106.00	W	Dec 4-2	Varsity	Next Wrestler		AZ Test Tournament	3-0
12/08/2014	106		W	Fall 0:09	Varsity	Test Two	Test Team	vs. Test Team	4-0
12/16/2014	106		L	Fall 1:00	Varsity	Angelos Tocci	Lititz Christian Sch	vs. Lititz Christian Sch	4-1
12/17/2014	106		W	Fall 1:30	Varsity	Larry Cooper	Lititz Christian Sch	vs. Lititz Christian Sch	5-1