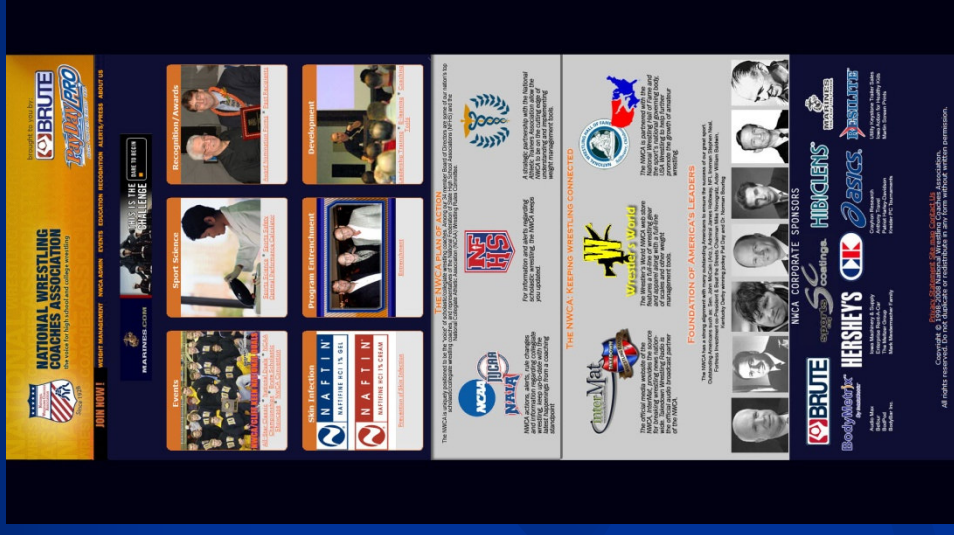


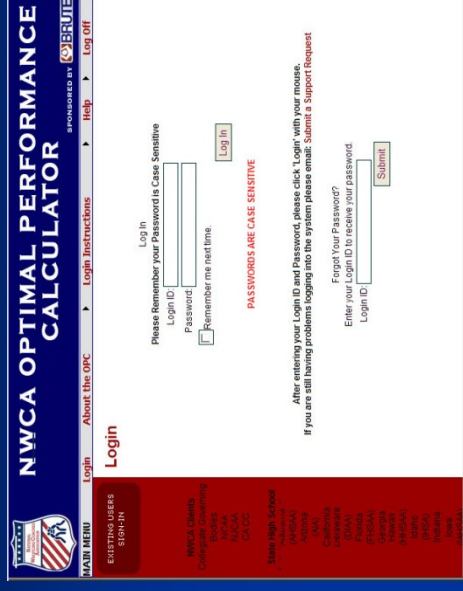
NWCA OPC Weigh-in and Results System

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

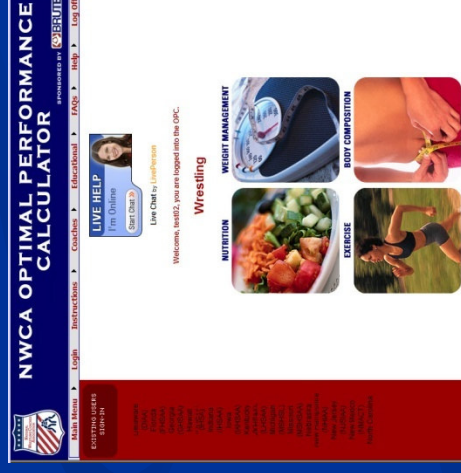


Login Page and Main Menu

■ Log into the OPC using the Coach's Login ID and Password assigned



■ Once logged in, you will see a Coaches tab on the Main Menu page



Coaches Menu – Team Schedule

- Place your cursor over the Coaches tab
- The drop down menu will appear and please click on the menu item titled “Team Competition Schedule”



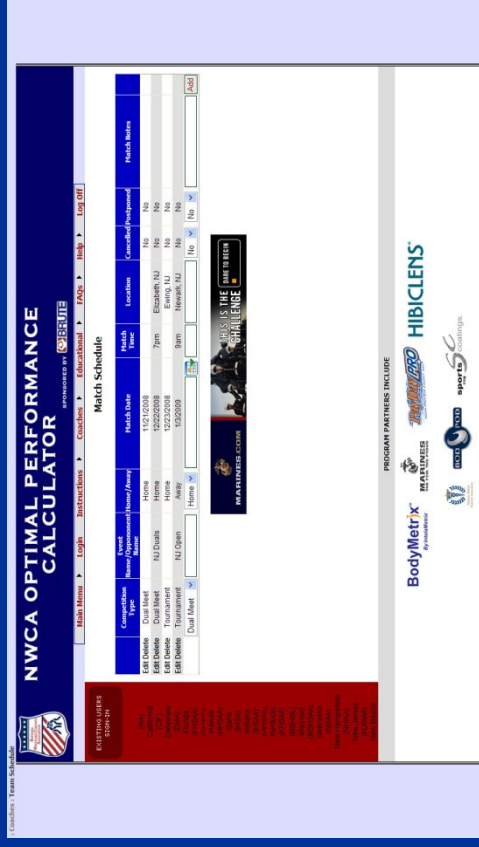
Team Competition Schedule

- Enter your Team Schedule
- Select “dual meet or tournament” from the drop down
- Select “home or away”, select “match date”, type in match time and the location, (city, state)
- Only select “yes” under cancelled or postponed if applicable
- Do not enter data under “match notes” leave blank
- Save by clicking the “Add” button

The screenshot shows the 'Match Schedule' form on the NWCA Optimal Performance Calculator website. The form is titled 'Match Schedule' and includes a navigation menu with 'Home', 'Log In', 'Instructions', 'Coaches', 'Educational', 'FAQ', and 'Log Off'. The form fields are organized into two columns: 'COMPETITION' and 'MATCH'. The 'COMPETITION' column includes fields for 'Competition Type', 'Dual Meet', 'Tournament', 'Home', 'Away', 'Cancelled', and 'Postponed'. The 'MATCH' column includes fields for 'Match Date', 'Match Time', 'Location', 'City', 'State', and 'Notes'. A 'Match Notes' text area is located at the bottom of the form. The website header features the NWCA logo and the text 'NWCA OPTIMAL PERFORMANCE CALCULATOR'. The footer includes logos for 'BodyMetric Performance', 'HIBICLINS', and 'HIBICLINS'.

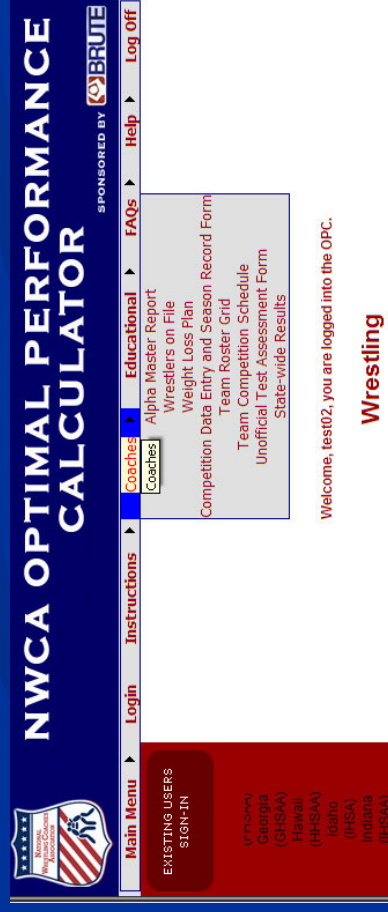
Team Competition Schedule - 2

- Once you click the “Add” button to save your team schedule information, you will see the schedule populate on the page
- Continue to complete the field boxes for every dual meet and tournament on your schedule for the year



Coaches drop down Menu

- Place your cursor over the Coaches tab
- The drop down menu will appear and please click on the menu item titled “Competition Data Entry and Season Record Form”



Competition Entry Screen Record Results

- Notice the headers populated under the Dual Competition area from your Team Schedule
- Click the “Edit” button beside Competition Date to record results for that specific date of competition.
- Please be sure to enter your schedule prior to the start of the season

Pre-match Weighin Forms Dual Competitions Tournament Competitions Post Season Selections and Season Record Forms

PA-NWCA02

Create Pre-match Weighin Forms:
Click here to [Create Pre-match Weighin Form](#)

Recording Actual Weights Following Competitions: Click on Edit button to record actual weight following competition.

Competition Date	Event Name	Event Name
Edit 10/16/2008	Delete	Delete
Edit 12/1/2008	Delete	Delete
Edit 12/6/2008	Delete	Delete
Edit 12/10/2008	Delete	Delete

Dual Competitions: Click on Edit button to record Dual Meet Results following competition. Email Results

Competition Date	Event Name	Opponent Name	Email Results
Edit 10/16/2008	PA01-Dual Meet	Delete	Email Results
Edit 12/1/2008	PA-NWCA01	Delete	Email Results
Edit 12/10/2008	Liberty	Delete	Email Results

Click here to record a new Dual Meet Results if the Dual Meet does not appear above

Tournament Competitions: Click on Edit button to record Tournament Results following competition.

Competition Date	Event Name	Delete
Edit 10/16/2008	PA01-Tournament	Delete
Edit 12/6/2008	Ironman Tournament	Delete

Click here to record a Tournament Results if the Tournament does not appear above

Post Season Selections and Season Record Forms:
Click here to see wrestler's Individual Season Record Form
Select Wrestlers for Season Record Form
View Individual Wrestler's summary weigh in Report
Return to Home

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Dual Meet Results – Step 1

- Enter in Your Team Score and the Opponent Team Score
- Select the Opponent from the drop down beside “Please Select”
- A list of schools will appear

[Back to Results](#)

Dual Meet Reporting Form

2008 - 2009

Date: 10/15/2008
School: PA-NWC02
Your Team Score: 54
Opponent Name: PA-NWCA01
Opponent Team Score: 24
Level: Varsity

Type of Competition: Dual Meet

* Time - Only enter information in the time box if there is a fall, default or disqualification. Leave the score boxes blank.

Competition Weight Class	Westhshname	Actual Weight	Opponent's Name	Win/Loss	Win Type	Score	Opponent Time
103	Forfeit	>	Forfeit	>	NM	Select	>
112	Forfeit	>	Forfeit	>	NM	Select	>
119	Forfeit	>	Forfeit	>	NM	Select	>
125	Forfeit	>	Forfeit	>	NM	Select	>
130	Forfeit	>	Forfeit	>	NM	Select	>
135	Forfeit	>	Forfeit	>	NM	Select	>
140	Forfeit	>	Forfeit	>	NM	Select	>
145	Forfeit	>	Forfeit	>	NM	Select	>
152	Forfeit	>	Forfeit	>	NM	Select	>
160	Forfeit	>	Forfeit	>	NM	Select	>
171	Forfeit	>	Forfeit	>	NM	Select	>
189	Forfeit	>	Forfeit	>	NM	Select	>
215	Forfeit	>	Forfeit	>	NM	Select	>
285	Forfeit	>	Forfeit	>	NM	Select	>

[Save Meet Information](#)

Dual Meet Results – Step 2

- Select your wrestler from the drop down under “Wrestler Name” then the opponent’s from the “Opponent’s Name” for the corresponding weight class
- Then select “W or L” a win or loss
- Select the win type
- Enter in the score for each wrestler
- Enter a time if there is a fall, default or disqualification

[Back to Results](#)

Dual Meet Reporting Form

Date: 10/16/2008 2008-2009
Type of Competition: Dual Meet Level: Varsity

School: PA-IWCO2
Your Team Score: 54 Opponent Name: PA-IWCA01 Opponent Team Score: 24
Opponent's Name: PA-IWCA01

* Time - Only enter information in the time box if there is a fall, default or disqualification. Leave the score boxes blank.

Competition Weight Class	Wrestler Name	Actual Weight	Opponent's Name	Win/Loss	Win Type	Score	Opponent's Score	Time
103	Dillinger, Marco		Johnson, Jimmy	W	FALL			2:03
112	Hines, Collin		Manning, Ethan	W	DEC	7	4	
119	Stewart, Dane		Smith, Kevin	L	TF4	5	11	
125	Forfeit		Forfeit	NM	Select			
130	Forfeit		Forfeit	NM	Select			
135	Forfeit		Forfeit	NM	Select			
140	Forfeit		Forfeit	NM	Select			
145	Forfeit		Forfeit	NM	Select			
152	Forfeit		Forfeit	NM	Select			
160	Forfeit		Forfeit	NM	Select			
171	Forfeit		Forfeit	NM	Select			
189	Forfeit		Forfeit	NM	Select			
215	Forfeit		Forfeit	NM	Select			
285	Forfeit		Forfeit	NM	Select			

Dual Meet Results – Step 3

- Enter the results for each match and wrestler
- Once completed, click the “Save Meet Information” button at the bottom of the screen to save your results

[Back to Results](#)

Dual Meet Reporting Form

Date: 10/16/2008 2008-2009 Level: Varsity

Type of Competition: Dual Meet

School: PA-NWC02

Your Team Score: 54 Opponent Name: PA-NWCA01 Opponent Team Score: 24

Westbriarname Actual Weighth Opponent's Name Win/Loss Win Type Opponent Time*

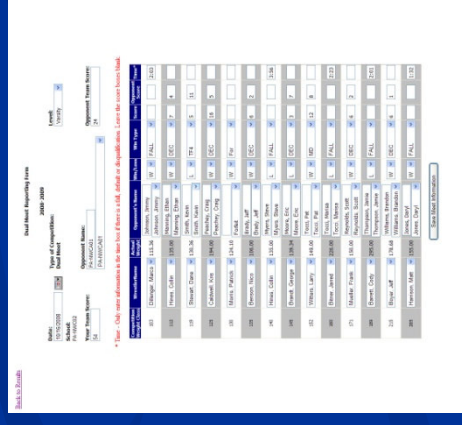
103	Dillinger, Marco	Johnson, Jimmy	W	FALL	2:03	
112	Hines, Collin	Manning, Ethan	W	DEC	7	4
119	Stewart, Dane	Smith, Kevin	L	TF4	5	11
125	Caldwell, Kris	Peachey, Craig	W	DEC	16	5
130	Morris, Patrick	Ferfeit	W	For		
135	Benson, Nico	Baaby, Jeff	W	DEC	6	2
140	Hines, Collin	Myers, Steve	L	FALL		3:56
145	Brandt, George	Moore, Eric	L	DEC	3	7
152	Witters, Larry	Tocci, Pat	W	MD	12	8
160	Bliner, Jarrod	Tocci, Malisa	L	FALL		2:23
171	Mueller, Frank	Reynolds, Scott	W	DEC	6	2
189	Barrett, Cody	Thompson, Jamie	L	FALL		2:01
215	Boyer, Jeff	Williams, Brandon	W	DEC	6	1
285	Harrison, Matt	Jones, Dayl	W	FALL		1:32

* Time - Only enter information in the time box if there is a fall, default or disqualification. Leave the score boxes blank.

[Save Meet Information](#)

Save Results and Return to Competition Screen

- A dialogue box will appear “You have successfully saved your Match Results”
- Click “OK”
- Then click the “Back to Results” link in the top left hand corner of your page



Tournament Results

- Notice the headers populated under the Tournament Competition area from your Team Schedule
- Click the “Edit” button beside Competition Date to record results for that specific tournament

The screenshot displays the 'Optimal Performance Calculator Program' interface. At the top, there are navigation links: 'Pre-match Weighin Forms', 'Dual Competitions', 'Tournament Competitions', 'Post Season Selections and Season Record Forms', and 'PA-NWCA02'. Below these is a header with the USA Wrestling logo and the text 'powered by BERUITE Optimal Performance Calculator Program'. The main content area is divided into three sections:

- Create Pre-match Weighin Forms:** A link to 'Click here to Create Pre-match Weighin Form'.
- Recording Actual Weights Following Competitions:** A table with columns 'Competition Date' and 'Event Name'. It lists three entries for 10/16/2008, 12/1/2008, and 12/6/2008, each with a 'Delete' link.
- Dual Competitions:** A table with columns 'Competition Date', 'Event Name', 'Opponent Name', and 'Email Results'. It lists three entries for 10/16/2008, 12/1/2008, and 12/10/2008, each with 'Delete' and 'Email Results' links.
- Tournament Competitions:** A table with columns 'Competition Date', 'Event Name', and 'Email Results'. It lists two entries for 10/16/2008 and 12/6/2008, each with 'Delete' and 'Email Results' links.

At the bottom, there is a 'Post Season Selections and Season Record Forms' section with links to 'Click here to see wrestler's Individual Season Record Form', 'Select Wrestlers for Season Record Form', 'View Individual Wrestler's summary weigh in Report', and 'Return to Home'. A footer at the very bottom contains the quote: 'Helping athletes of any sport to stay healthy and strong' with the BERUITE logo.

Tournament Results – Step 1

■ A screen will appear with the date and school name populated

■ Enter in the Team Score, Team Finish and the Tournament Name

[Back to Results](#)

Weight Management Reporting Form
2008-2009

Date: 10/15/2008
Type of Competition: Tournament
Level: Varsity
School: PA-HWC02
Team Score:
Team Finish:
Tournament Name:
Location: Pittsburgh, PA

Wt. Class	Wrestler Name	Actual Weight	Opponent's School	Opponent's Name	Win/Loss	Win Type	Opp. Score	Time*	Team Finish	Delete
Select ▼	Select Wrestler	Please Select	Please Select	Please Select	Select ▼	Select ▼			Select ▼	Yes No Cancel

* Time - Only enter information in the time box if there is a fall, default or disqualification. Leave the score boxes blank.
** - "New Wrestler" and "New Match" are used to save your match.

[Back to Results](#)

Weight Management Reporting Form
2008-2009

Date: 10/15/2008
Type of Competition: Tournament
Level: Varsity
School: PA-HWC02
Team Score: 35
Team Finish: 3
Tournament Name: PA Open
Location: Pittsburgh, PA

Wt. Class	Wrestler Name	Actual Weight	Opponent's School	Opponent's Name	Win/Loss	Win Type	Opp. Score	Time*	Team Finish	Delete
Select ▼	Select Wrestler	Please Select	Please Select	Please Select	Select ▼	Select ▼			Select ▼	Yes No Cancel

* Time - Only enter information in the time box if there is a fall, default or disqualification. Leave the score boxes blank.
** - "New Wrestler" and "New Match" are used to save your match.

Tournament Results – Step 2

- Select the **Wt Class**, your **Wrestler's Name**
- Select the **Opponent's School** from the drop down
- Select the **Opponent's Name**, select win or loss “**W** or **L**”
- Select a **Win Type**, enter the scores, a time if a fall, default or disqualification
- The wrestlers tournament finish
- Then click “**Next Match**” to enter additional matches for this wrestler

[Back to Results](#)

Weight Management Reporting Form
2008-2009

Date: 10/16/2008
Type of Competition: **Tournament**
Level: **Varsity**
School: PA-HWC02
Team Score: 35
Team Finish: 3
Tournament Name: PA Open
Location: Pittsburgh, PA

Wt. Class	Wrestler Name	Actual Weight	Opponent's School	Opponent's Name	Win/Loss	Win Type	Score	Opp. Score	Time*	Tourn. Finish	Debit
103	Benson, Nico		PA-HWC401	Brady, Jeff	W	DEC	7	2	3d		Next Wrestler Match

* Time - Only enter information in the time box if there is a fall, default or disqualification. Leave the score boxes blank.
** - "New Wrestler" and "New Match" are used to save your match.

Tournament Results – Step 3

- The match results will save each time you click “Next Match” and will populate on the page
- Once you have completed one wrestler's results, click the “New Wrestler” button to move on to the next wrestler

[Back to Results](#)

Weight Management Reporting Form
2008-2009

Date: 10/15/2008
Type of Competition:
Level:
School: PA-HWC02
Team Score: 35
Team Finish: 3
Tournament Name: PA Open
Location: Pittsburgh, PA

Wc. Class	Wrestler Name	Actual Weight	Opponent's School	Opponent's Name	Win/Loss	Win Type	Score	Opp. Score	Time*	Tournament Finish	Delete
103	Benson, Nico	106.00	PA-HWC01	Bredt, Jeff	W	DEC	7	2		3rd	<input type="button" value="Delete"/>
103	Benson, Nico	0	Please Select	Please Select	Select	Select	Select	Select	Select	3rd	<input type="button" value="Delete"/> <input type="button" value="Next Match"/>

* Time - Only enter information in the time box if there is a fall, default or disqualification. Leave the score boxes blank.
** - "New Wrestler" and "Next Match" are used to save your match.

[Back to Results](#)

Weight Management Reporting Form
2008-2009

Date: 10/15/2008
Type of Competition:
Level:
School: PA-HWC02
Team Score: 35
Team Finish: 3
Tournament Name: PA Open
Location: Pittsburgh, PA

Wc. Class	Wrestler Name	Actual Weight	Opponent's School	Opponent's Name	Win/Loss	Win Type	Score	Opp. Score	Time*	Tournament Finish	Delete
103	Benson, Nico	106.00	PA-HWC01	Bredt, Jeff	W	DEC	7	2		3rd	<input type="button" value="Delete"/>
103	Benson, Nico	0	PA-HWC01	Hess, Jason	W	DEC	6	1		3rd	<input type="button" value="Delete"/> <input type="button" value="Next Match"/>

* Time - Only enter information in the time box if there is a fall, default or disqualification. Leave the score boxes blank.
** - "New Wrestler" and "Next Match" are used to save your match.

Tournament Results-Step 4

- Enter the results for each wrestler that competed at the tournament in their specified weight class
- The tournament results automatically save once you click “Next Match or New Wrestler”
- Once you have completed entering the results, click the “Back to Results” button at the top left hand corner of your page

[Back to Results](#)

Weight Management Reporting form
Zabop Zabop

Date: 10/16/2008
School: PA-HWC02
Tournament Name: PA Open
Type of Competition: Tournament
Level: Varsity
Team Finish: 3
Location: Pittsburgh, PA

Wt Class	Wrestler Name	Actual Weight	Opponent's School	Opponent's Name	Win/Loss	Win Type	Score	Opp. Score	Time*	Team Finish	Delete
103	Benson, Nico	106.00	PA-HWC01	Bradley, Jeff	W	DEC	7	2		3rd	Delete
103	Benson, Nico	106.00	PA-HWC01	Hess, Jason	W	DEC	6	1	1:34	3rd	Delete
110	Benson, Nico	0	PA-HWC01	Hess, Jason	W	DEC	6	1		3rd	Delete

* Time - Only enter information in the time box if there is a fall, default or disqualification. Leave the score boxes blank.
** - "New Wrestler" and "Next Match" are used to save your match.

[Back to Results](#)

Weight Management Reporting form
Zabop Zabop

Date: 10/16/2008
School: PA-HWC02
Tournament Name: PA Open
Type of Competition: Tournament
Level: Varsity
Team Finish: 3
Location: Pittsburgh, PA

Wt Class	Wrestler Name	Actual Weight	Opponent's School	Opponent's Name	Win/Loss	Win Type	Score	Opp. Score	Time*	Team Finish	Delete
103	Benson, Nico	106.00	PA-HWC01	Bradley, Jeff	W	DEC	7	2		3rd	Delete
103	Benson, Nico	106.00	PA-HWC01	Hess, Jason	W	DEC	6	1	1:34	3rd	Delete
112	Dillenger, Marco		PA-HWC01	Miller, Curt	Select	Select				Select	Delete

* Time - Only enter information in the time box if there is a fall, default or disqualification. Leave the score boxes blank.
** - "New Wrestler" and "Next Match" are used to save your match.

Individual Season Record Form

- On the Competition Entry Screen, click the link titled “Click here to see wrestler’s Individual Season Record” near the bottom of the page under the header Post Season Selections and Season Record Forms

The screenshot displays the 'Optimal Performance Calculator Program' interface. At the top, there are navigation links: 'Pre-match Weight Forms', 'Dual Competitions', 'Tournament Competitions', 'Post Season Selections and Season Record Forms', and 'PA-NWCA02'. The main content area is divided into several sections:

- Create Pre-match Weight Forms:** A link to 'Click here to Create Pre-match Weight Form'.
- Recording Actual Weights Following Competitions:** A link to 'Click on Edit button to record actual weight following competition.' Below this is a table with columns 'Competition Date' and 'Event Name'.

Competition Date	Event Name
10/16/2008	Delete
12/1/2008	Delete
12/6/2008	Delete
12/10/2008	Delete
- Dual Competitions:** A link to 'Click on Edit button to record Dual Meet Results following competition.' Below this is a table with columns 'Competition Date', 'Event Name', 'Opponent Name', and 'Email Results'.

Competition Date	Event Name	Opponent Name	Email Results
10/16/2008	PA01-Dual Meet	Delete	Email Results
12/1/2008	PA-NWCA01	Delete	Email Results
12/10/2008	Liberty	Delete	Email Results
- Tournament Competitions:** A link to 'Click on Edit button to record Tournament Results following competition.' Below this is a table with columns 'Competition Date', 'Event Name', and 'Delete'.

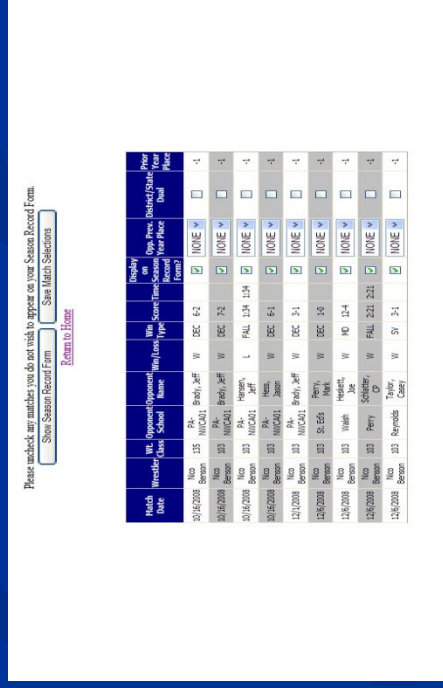
Competition Date	Event Name	Delete
10/16/2008	PA01-Tournament	Delete
12/6/2008	Ironman Tournament	Delete
- Post Season Selections and Season Record Forms:** A link to 'Click here to see wrestler's Individual Season Record Form'. Below this are links for 'Select Wrestlers for Season Record Form', 'View Individual Wrestler's summary weight in Report', and 'Return to Home'.

At the bottom right, there is a quote: "Helping athletes of any sport to stay healthy and strong" with the logo for 'NCAA DDP'.

Individual Season Record Form

Select wrestler & matches

- A list of your wrestlers on file will appear
- Click the “Select” button beside the wrestler's name to view his/her Individual Season Record Form
- A grid page will appear of that wrestler's competitions
- Uncheck any competitions that should not appear on the Individual Season Record Form
- Then click the “Show Season Record Form” button



Print Individual Season Record Form

- A printer friendly version will appear in a pdf, use the toolbar print option to print out the Individual Season Record Form

