

# NWCA Wrestling Weight Management



## Optimal Performance Calculator



**Step**

**Entering the Data**

# Step 5

## Entering the Data

- Results of the hydration, height (if using BIA) and body weight assessment will be entered into the NWCA Optimal Performance Calculator powered by Trackwrestling on the Initial Assessment page (located at [www.trackwrestling.com/tw/seasons](http://www.trackwrestling.com/tw/seasons))

[www.trackwrestling.com](http://www.trackwrestling.com)

The banner features the TrackWrestling logo on the left, a navigation bar with 'GOLD', 'BROWSE', 'MANAGE', and 'SERVICES' buttons, and a central promotional message. The background shows a wrestling arena with a scoreboard.

**TRACKWRESTLING**

**GOLD**   **BROWSE**   **MANAGE**   **SERVICES**

PRESEASON  
**SALE**  
NOW - OCT 15<sup>TH</sup>

**TRACKWRESTLING**  
**SCORECLOCK**

ADDITIONAL  
**\$100**  
OFF EACH  
SCORECLOCK

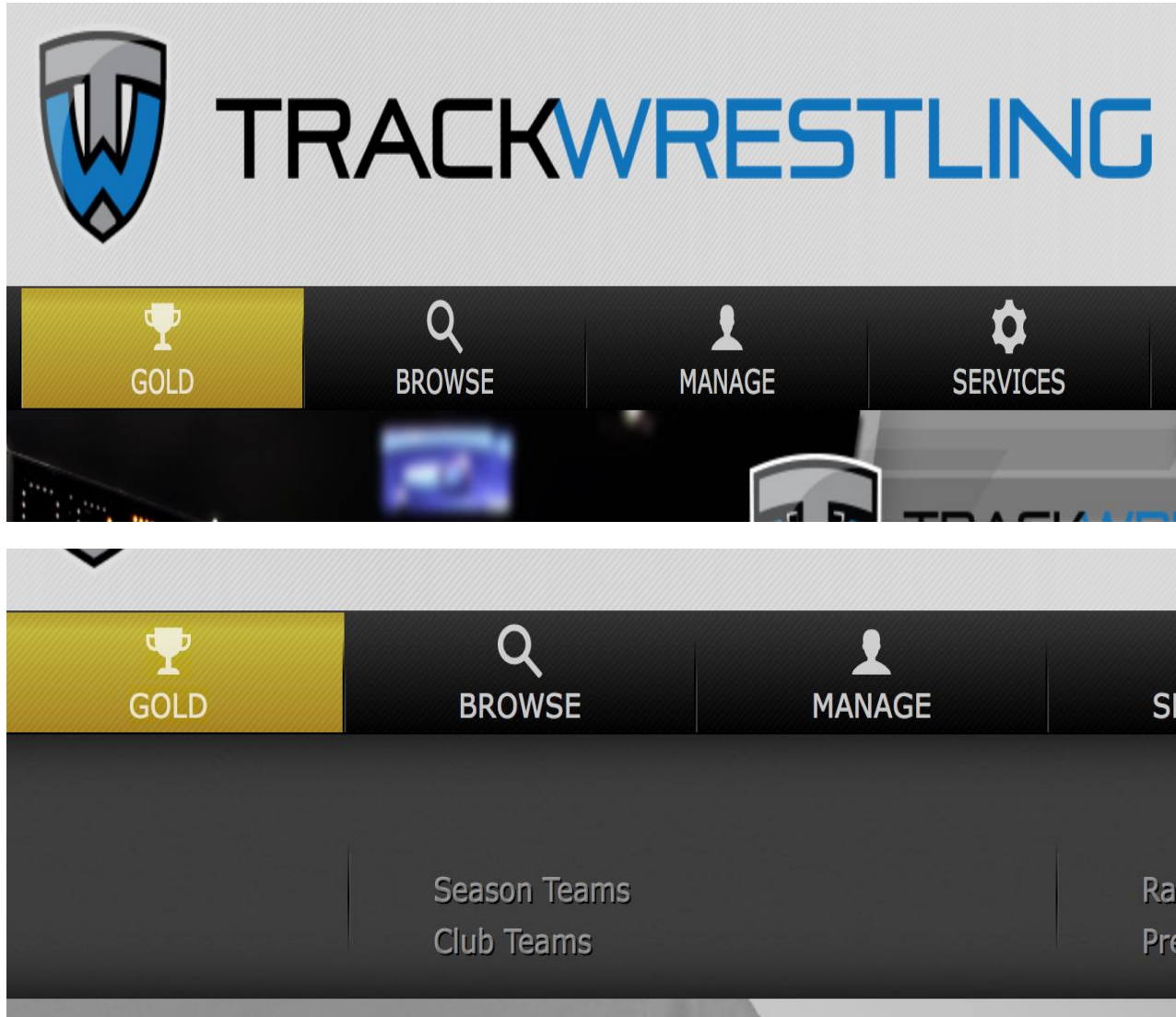


# Logging In

**Assessor Login ID**

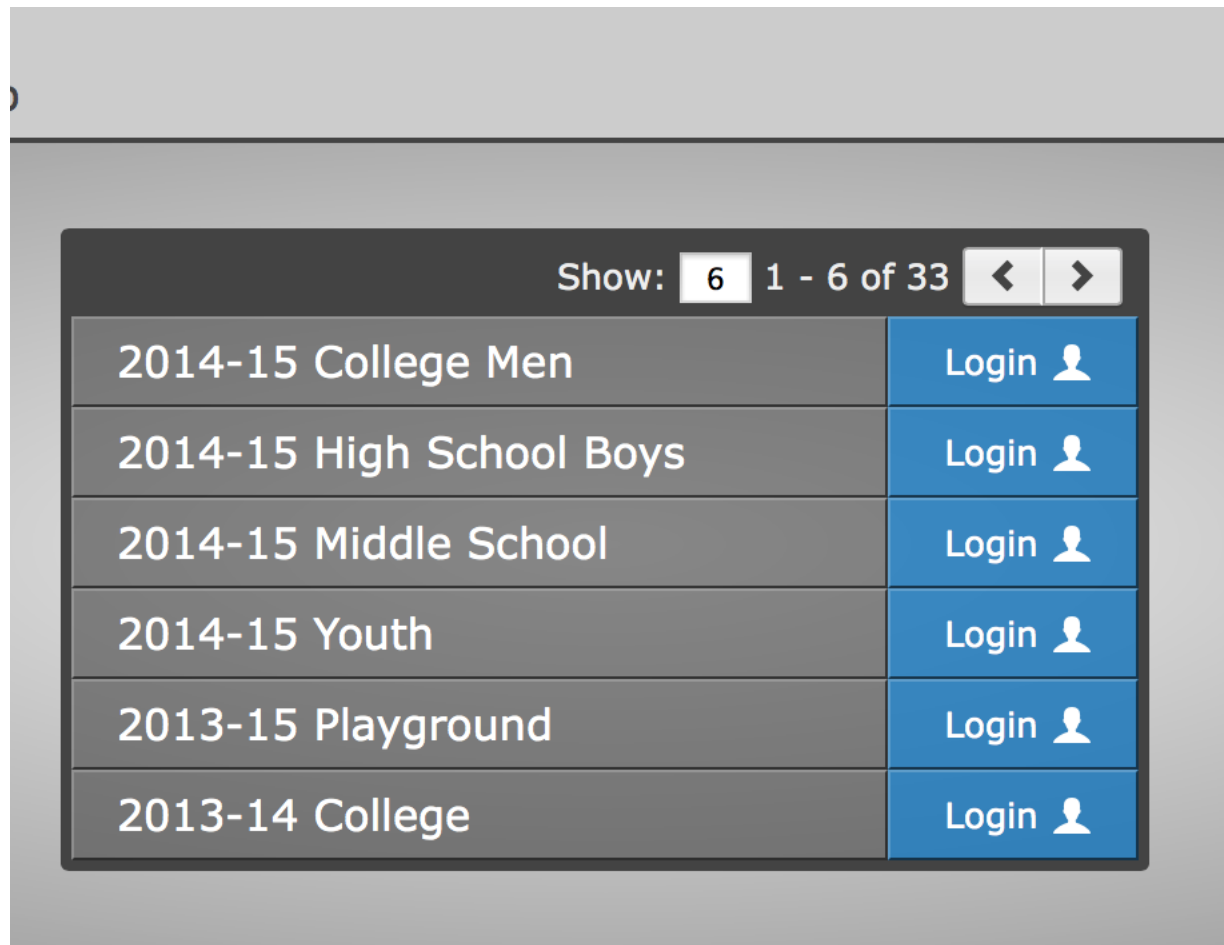
**Assessor Password**

# Click on Manage & Season Teams









# Login Page

## Enter Login ID and Password



Show:  1 - 6 of 33 < >

2014-15 College Men	Login 
2014-15 High School Boys	Login 
2014-15 Middle School	Login 
2014-15 Youth	Login 
2013-15 Playground	Login 
2013-14 College	Login 

# Login Page

## Enter Login ID and Password

Sign Up

Season Login ✕

[Forgot password?](#)

2014-15 Youth

Login



# Assessor Dashboard

List of schools that you are able to assess will appear

## Teams

Teams

Transactions

<b>Season Team</b>	<b>Global Team</b>	<b>Abbr</b>
<a href="#">Agua Fria, AZ</a>	Agua Fria, AZ	AGFR
<a href="#">Alchesay, AZ</a>	Alchesay, AZ	ALCH
<a href="#">Alhambra, AZ</a>	Alhambra, AZ	ALHA
<a href="#">Amphitheater, AZ</a>	Amphitheater, AZ	AMPH
<a href="#">Antelope Union, AZ</a>	Antelope Union, AZ	ANUN
<a href="#">Apache Junction, AZ</a>	Apache Junction, AZ	APJU
<a href="#">Apollo, AZ</a>	Apollo, AZ	APOL
<a href="#">Arizona College Prep, AZ</a>	Arizona College Prep, AZ	ACP
<a href="#">Arizona Lutheran HS, AZ</a>	Arizona Lutheran HS, AZ	ALH
<a href="#">AZ NWCA Test Team, AZ</a>	AZ NWCA Test Team, AZ	AZN

# Select / Search School

Global Team	Abbr	Gov. Body
ua Fria, AZ	AGFR	Arizona Interscholastic Association
he		erscholastic
ar		erscholastic
pl		erscholastic
el		erscholastic
ac		erscholastic
oll		erscholastic
zo		erscholastic
zo		erscholastic
N		erscholastic
oo		erscholastic
ry		erscholastic
sha, AZ	BACH	Arizona Interscholastic Association
nson, AZ	BENS	Arizona Interscholastic Association
W. F. F. AZ	BNE	Arizona Interscholastic Association

### Search Teams

Gov. Body: Arizona Interscholastic Association

Team Name: team name

League: league

Search

# Select and Click on School

Teams

Teams

Transactions

**Season Team**

[AZ NWCA Test Team, AZ](#)

**Global Team**

AZ NWCA Test Team, AZ

# Entering the Data

- Name, Grade, Height
- Date of Assessment
- Urine specific gravity
- Alpha body weight
- Skinfold measurements
- Percent Body Fat (BIA)



# Female Wrestlers

- Click on the Add female wrestler link of the initial assessment Step 1.
- Only the triceps and subscapular skinfolds will be entered.
- Minimal wrestling weight will be calculated at 12%.

# Video Instruction

The screenshot displays a YouTube video player with the following content:

- YouTube Header:** YouTube logo and search bar.
- Browser Tabs:** "2014-15 High School Boys" and "(mix) 2014-15 High School Boys".
- Trackwrestling.com Navigation:** TRACK, GOLD, BROWSE, MANAGE, SERVICES, REGISTER.
- Page Title:** 2014-15 High School Boys
- Sub-headers:** My Account, Leagues, Teams, Wrestlers, Results
- Section:** Test Team Transactions
- Buttons:** Roster, Transactions, Add Transaction
- Table:**

Transaction	Date Created	Created By	Assessor	Hydration Tester	Committed	Status
Practice Transaction	09/06/2014 @ 08:35 a.m.	Snow, Paul	Snow, Paul	test		
- Video Player:** 0:04 / 4:03
- Video Title:** Entering Assessments (non-college)
- Channel:** Trackwrestling .com
- Subscribe Button:** 190
- Views:** 23 views

<http://www.youtube.com/watch?v=7OaGLHPffuI&list=UUAHHEP7u6dnKp65rPKw3nJg>

# Entering Assessments

## Click on Add Transaction

### AZ NWCA Test Team Transactions

Roster

Transactions

Add Transaction

Transaction	Date Created	Created By	Assessor	Committed
<a href="#">91861009</a>	09/19/2014 @ 02:03 p.m.	Moyer, Mike	Moyer, Mike	09/19/2014 @ 01:06 p.m.
<a href="#">91860009</a>	09/19/2014 @ 02:02 p.m.	Moyer, Mike	Moyer, Mike	
<a href="#">260076</a>	09/19/2014 @ 01:45 p.m.	Moyer, Mike	Moyer, Mike	09/19/2014 @ 12:47 p.m.

**Entering Assessments Video:** <http://youtu.be/7OaGLHPfful?list=UUAHHEP7u6dnKp65rPKw3nJg>

**Viewing Transactions:** <http://youtu.be/eqFxFWlibDWM?list=UUAHHEP7u6dnKp65rPKw3nJg>

# Entering Assessments

Confirm if Practice or Live Transaction

The screenshot shows a dark-themed application window with a modal dialog box titled "Add Transaction". The dialog has a close button (X) in the top right corner. It contains two dropdown menus: "Assessor" with "Moyer, Mike" selected and "Transaction Mode" with "Live" selected. An "Add" button is located at the bottom center of the dialog. In the background, a table is partially visible with columns labeled "Created By", "Assessor", and "Committe".

**Practice Assessment:** <http://youtu.be/5cvtCwzE-QM?list=UUAHHEP7u6dnKp65rPKw3nJg>



# Assessment Form – Step 1

Click on Add Assessment

AZ NWCA Test Team Transaction Detail

Roster Transactions Transaction **Assessments**

Add Assessment Commit

Status	Wrestler	Weight	Height	% Body Fat	MWW	M
There are no wrestlers added to this transaction						

# Assessment Form – Step 2

Select Wrestler from the drop down menu

Height      % Body Fat      MWW      MWC      Eligible Date

There are no wrestlers added to this transaction.

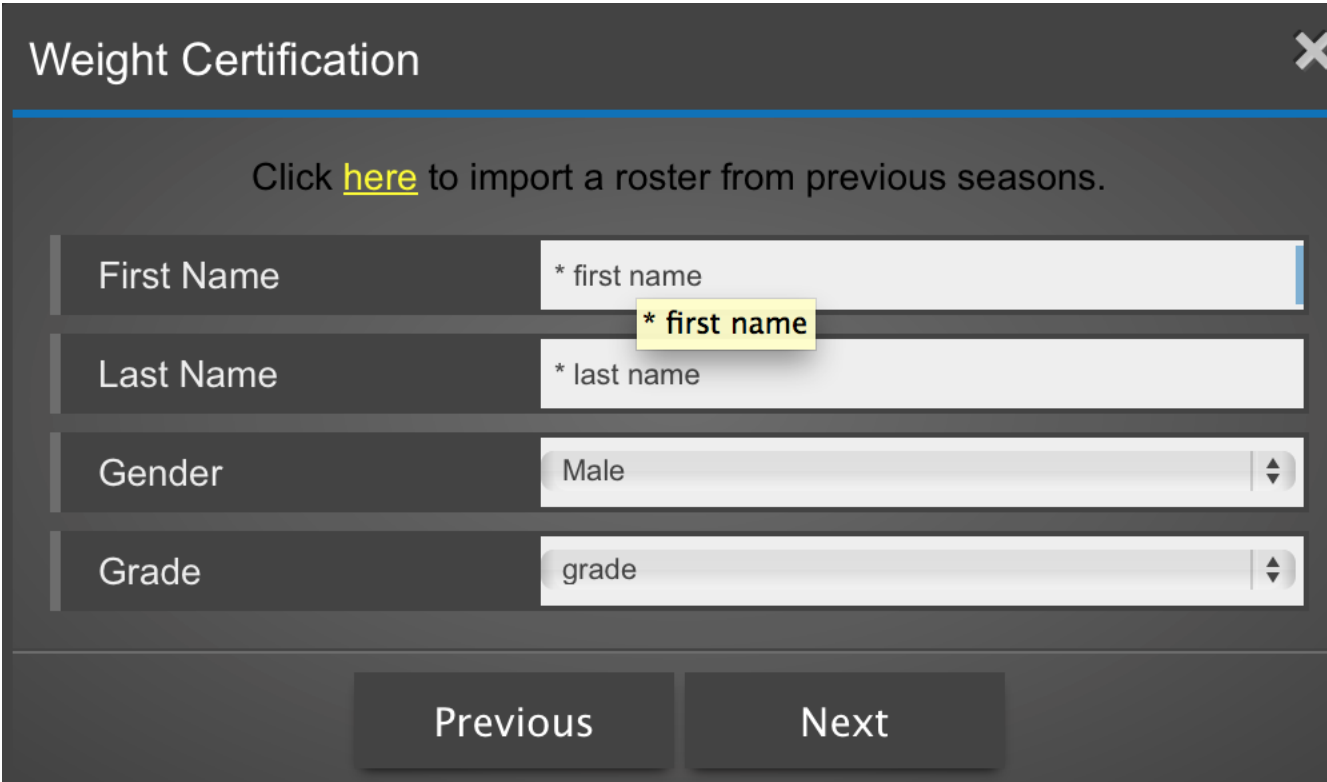
### Weight Certification

Wrestler	<input type="text" value="* wrestler"/>	New
Assessment Date	<input type="text"/>	
Passed Hydration	<input type="checkbox"/>	

- ✓ \* wrestler
- Eight, Test (Fr.)
- Eleven, Test (Jr.)
- Five, Test (Jr.)
- Four, Test (Fr.)
- Fourteen, Test (Sr.)
- moyer, evan (Fr.)
- Nine, Test (Jr.)
- One, Test (Fr.)
- Seven, Test
- Six, Test (Jr.)
- Ten, Test (Jr.)
- Thirteen, Test (So.)
- Three, Test (Fr.)
- Twelve, Test (Jr.)
- Two, Test (Fr.)

# Assessment Form – Step 2

Add new wrestler if not in the drop down menu / assessor and coach can import roster from previous year. Refer to video.



The screenshot shows a dark-themed window titled "Weight Certification" with a close button (X) in the top right corner. Below the title bar, there is a blue horizontal line. The main content area contains the text "Click [here](#) to import a roster from previous seasons." followed by four input fields:

- First Name:** A text input field with the placeholder text "\* first name". A yellow tooltip with the text "\* first name" is positioned above the field.
- Last Name:** A text input field with the placeholder text "\* last name".
- Gender:** A dropdown menu currently displaying "Male".
- Grade:** A dropdown menu currently displaying "grade".

At the bottom of the form, there are two buttons: "Previous" on the left and "Next" on the right.

How to Import Roster: <http://youtu.be/Yb6BT0uBm9s?list=UUAHHEP7u6dnKp65rPKw3nJg>

# Assessment Form – Step 3

**Enter assessment date and if passed hydration test**

There are no wrestlers added to this transaction.

### Weight Certification

Wrestler: Seven, Test

Assessment Date: 11 / 20 / 2014

Passed Hydration: Yes

### Weight Certification

You cannot proceed with this assessment if the wrestler does not pass hydration.

# Assessment Form – Step 4

**Enter body fat measurements if using skin folds**

Weight Certification ✕

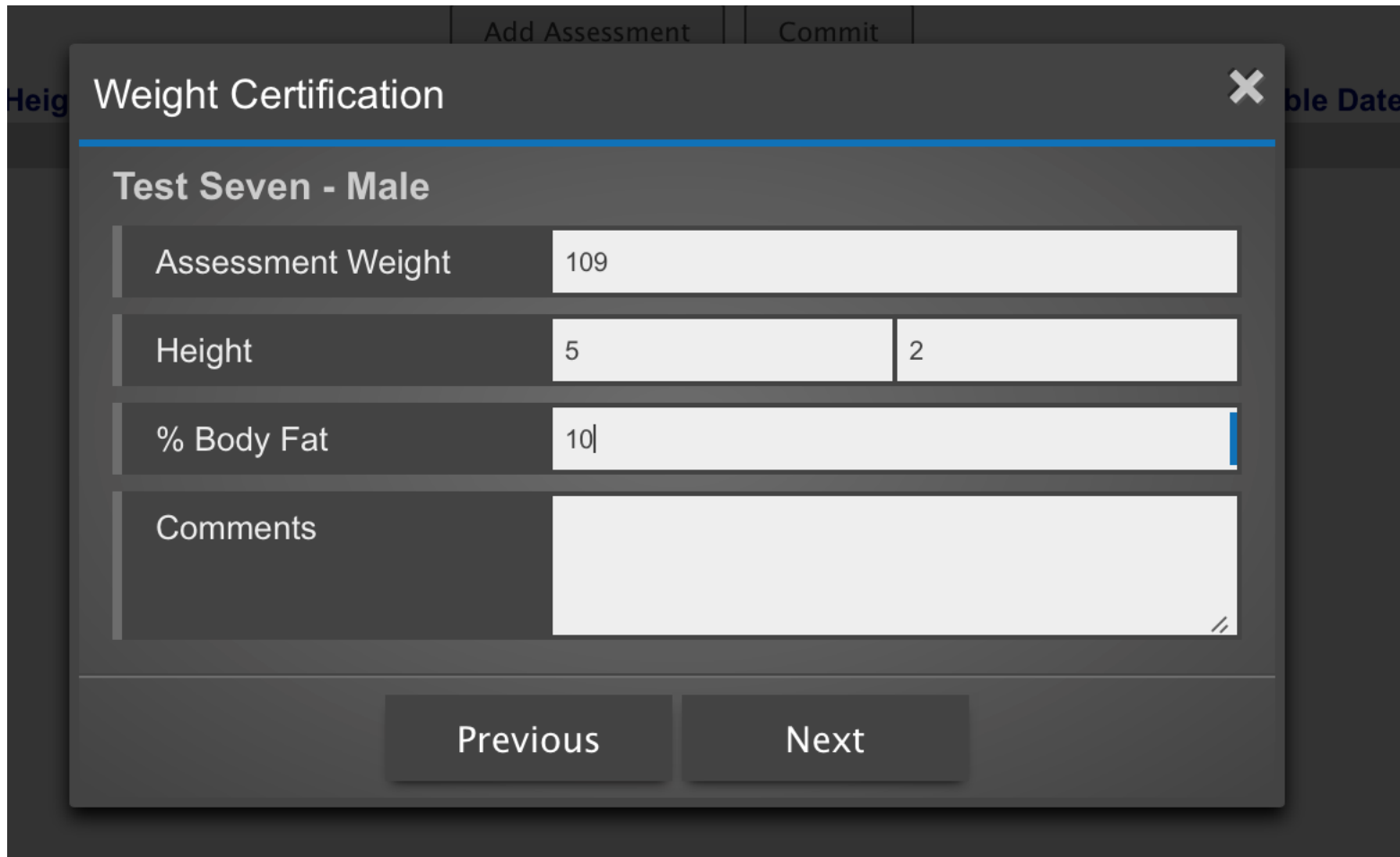
Test One - Male

Assessment Weight	135		
Tricep	14	14	15
Subscapula	16	16	18
Abdominal	19	22	17

Previous Next

# Assessment Form – Step 4

Enter body fat measurements if using BIA, BodPod, Hydrostatic or Dexa



The screenshot shows a dark-themed software interface with a modal window titled "Weight Certification". The window has a close button (X) in the top right corner. Below the title, the text "Test Seven - Male" is displayed. The form contains four input fields: "Assessment Weight" with the value "109", "Height" with values "5" and "2" in separate boxes, "% Body Fat" with the value "10", and a "Comments" text area. At the bottom of the modal are two buttons: "Previous" and "Next". In the background, parts of other interface elements are visible, including "Add Assessment", "Commit", "Heig", and "ble Date".

Field	Value
Assessment Weight	109
Height	5   2
% Body Fat	10
Comments	

# Assessment Form – Step 5

**Calculations:** Final Calculations – Click next wrestler or finish

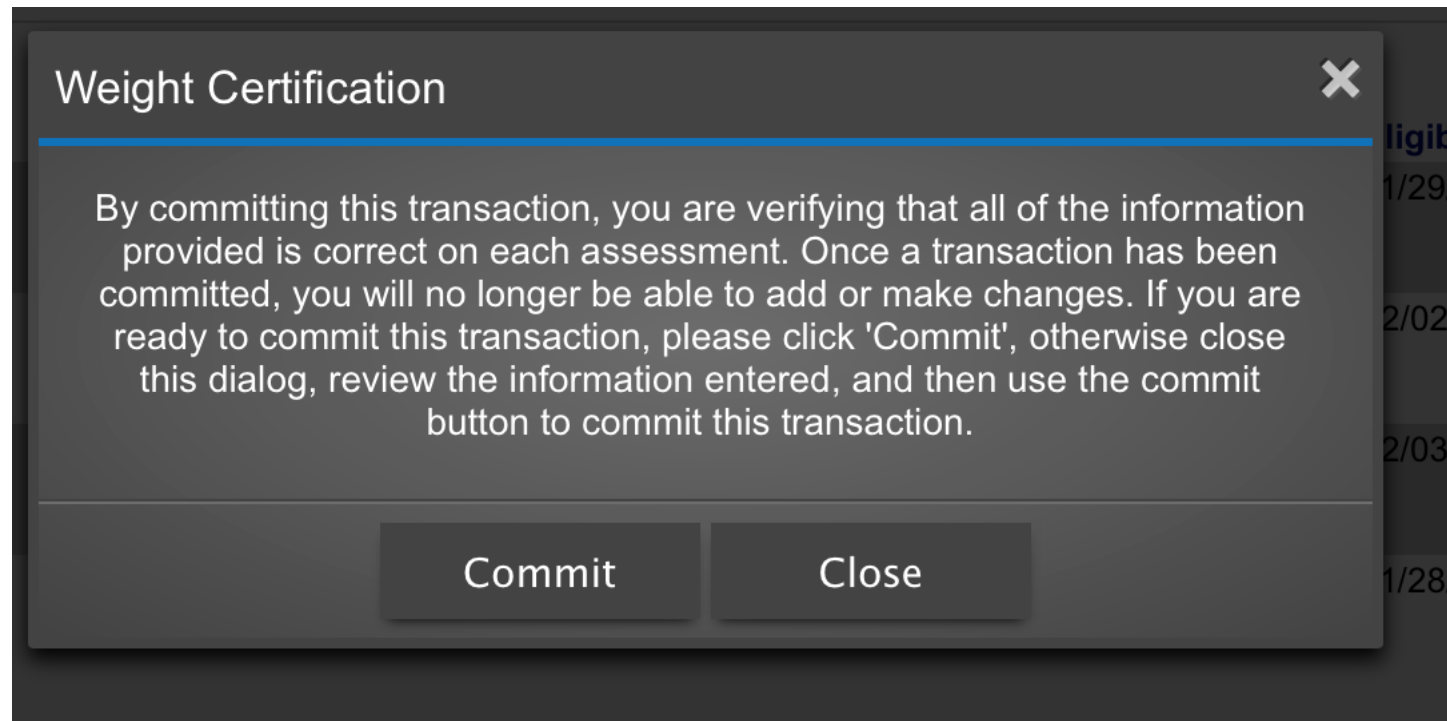
### Weight Certification ✕

Name	Test One
Gender	Male
Assessment Weight	135 lbs
% Body Fat	18.08%
7% MWW	118.92 lbs
Official MWW	118.92 lbs
Days to MWC	52

[Previous](#) [Next Wrestler](#) [Finish](#)

# Assessment Form – Step 6A

**Click on Finish when completing all assessments – Suggested to hit close to review assessments before committing**






# Assessment Form – Step 6B







Review assessments and then click on commit – Red clock means pending – If there is an error, click on the wrestler's name to edit the assessment prior to confirming.

Add Assessment

Calculate

Commit

 This transaction has not been committed.

Status	Wrestler	Weight	Tri	Sub	Abd	% Body Fat	MWW	Eligible Date
	<a href="#">One, Test</a>  Male 11/22/2014	135.00	14.00 14.00 15.00	16.00 16.00 18.00	22.00 22.00 17.00	18.08%	118.92	01/06/2015
	<a href="#">Three, Test</a>  Male 11/22/2014	110.00	7.00 8.00 8.00	9.00 8.00 9.00	10.00 9.00 10.00	10.56%	105.79	12/09/2014
	<a href="#">Two, Test</a>  Male 11/22/2014	145.00	13.00 19.00 14.00	13.00 12.00 12.00	14.00 14.00 14.00	14.49%	133.33	12/15/2014

Video Instructions: <http://youtu.be/GufyJnC3au8?list=UUAHHEP7u6dnKp65rPKw3nJg>

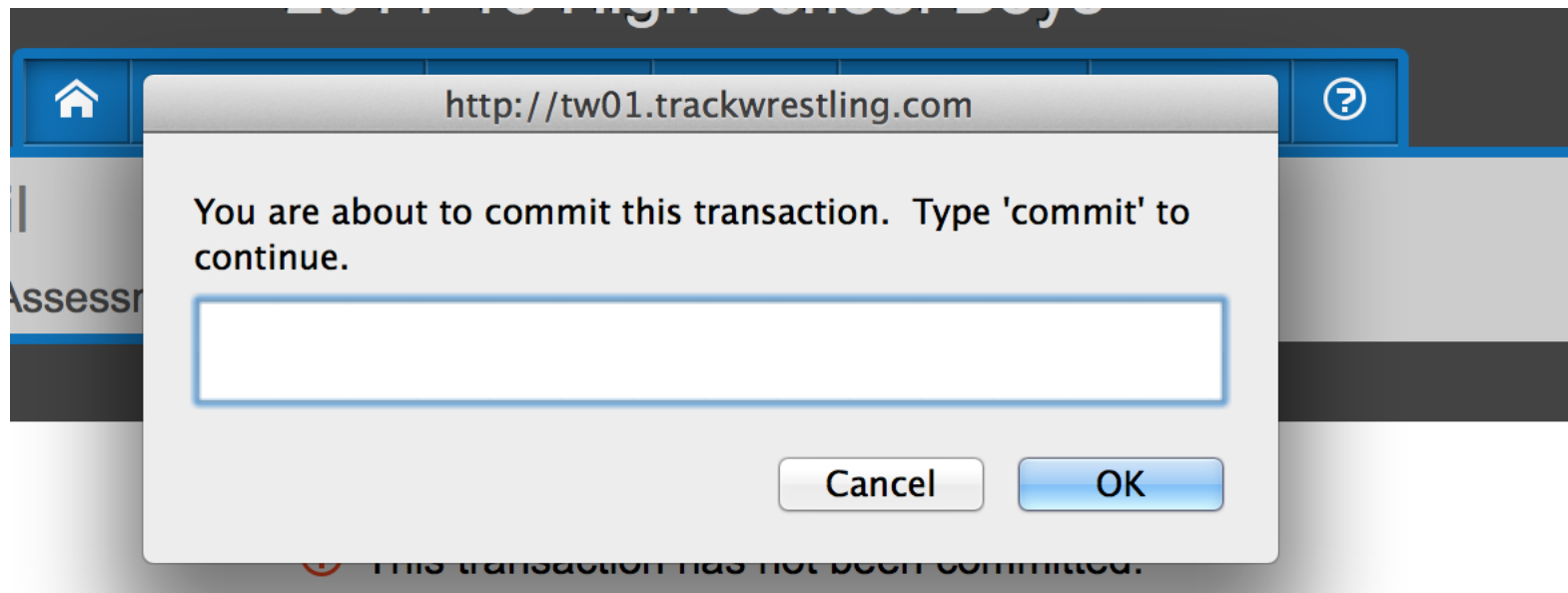
# Assessment Form – Error

Edit the assessment form – Click save and recalculate

Wrestler	One, Test		
Measure Date	11 / 22 / 2014		
Active	No		
Passed Hydration	Yes		
Appeal	No		
Measure Type	Skinfold		
Weight	135.00		
Tricep	14.00	14.00	15.00
Subscapula	16.00	16.00	18.00
Abdominal	22.00	22.00	17.00

# Assessment Form – Step 6C

## Confirm 'commit' transaction



# Assessment Form – Step 6D

## Assessments are confirmed

✓ This transaction was committed by Patrick Tocci

⚙	Status	<input type="checkbox"/> Wrestler	WLP	Weight	Tri	Sub	Abd	% Body Fat	MWW
⋮	✓	<a href="#">One, Test</a> ✖ Male 11/22/2014	🗑	135.00	14.00 14.00 15.00	16.00 16.00 18.00	22.00 22.00 17.00	18.08%	118.92
⋮	✓	<a href="#">Three, Test</a> ✖ Male 11/22/2014	🗑	110.00	7.00 8.00 8.00	9.00 8.00 9.00	10.00 9.00 10.00	10.56%	105.79
⋮	✓	<a href="#">Two, Test</a> ✖ Male 11/22/2014	🗑	145.00	13.00 19.00 14.00	13.00 12.00 12.00	14.00 14.00 14.00	14.49%	133.33







# Icons

Click on the ? for the Icon Legend


Information ✕

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Status Icons









	<b>Pending</b> - Assessment has not been reviewed.
	<b>Approved</b> - Assessment has been approved.
	<b>Denied</b> - Assessment has been denied.
	<b>Error Reported</b> - An error was reported. Approval still pending.
	<b>Expired</b> - Assessment has expired.
	<b>Failed</b> - Assessment has failed and cannot be used.

Icons & Abbreviations

*	- Indicates weight with consent.
<b>MWW</b>	- Minimum Wrestling Weight
<b>MWC</b>	- Minimum Weight Class
	Wrestler weight loss plan.

# Individual Weight Loss Plan

Access from roster or alpha master report – Click on Scale Icon

AZ NWCA Test Team Roster		
Edit Team	Roster	Weight Management
<b>Order</b>	<input type="checkbox"/> <b>Name</b>	
▲ 1 ▼	<input type="checkbox"/> <a href="#">Test Seven</a>  	
▲ 2 ▼	<input type="checkbox"/> <a href="#">Test Eight</a>  	
▲ 3 ▼	<input type="checkbox"/> <a href="#">Test Nine</a>  	
▲ 4 ▼	<input type="checkbox"/> <a href="#">Test Ten</a>  	


**Video Instructions:** <http://youtu.be/5GjNJ2qsp34?list=UUAHHEP7u6dnKp65rPKw3nJg>


# Individual Weight Loss Plan

## Weight Loss Plan

NWCA Wrestling Weight Certification

Test Nine - AZ NWCA Test Team

 Initial 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	Initial 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











# Alpha Master Report

## Assessments

Roster

Alpha Master

Transactions

Wrestler	WLP	Weight	Height	% Body Fat	Status	MWW	MWC	Eligible Date
Eight, Test Male 11/20/2014		115.00	5' 3"	11.20%		109.81	113	11/29/2014
Five, Test Male 10/19/2014		190.00	5' 11"	14.00%		175.70	182	11/08/2014
moyer, evan Male 11/19/2014		180.00	5' 11"	16.00%		162.58	170	12/15/2014
Nine, Test Male 11/20/2014		123.00	5' 4"	13.00%		115.06	120	12/02/2014
One, Test Male 10/19/2014		160.00	5' 9"	14.20%		147.61	152	11/12/2014

**Video Instructions:** <http://youtu.be/OH70ETmG3KA?list=UUAHHEP7u6dnKp65rPKw3nJg>



# Thank You!

National

Wrestling

Coaches

Association

717-653-8009 (office)

