

# NWCA Wrestling Weight Management



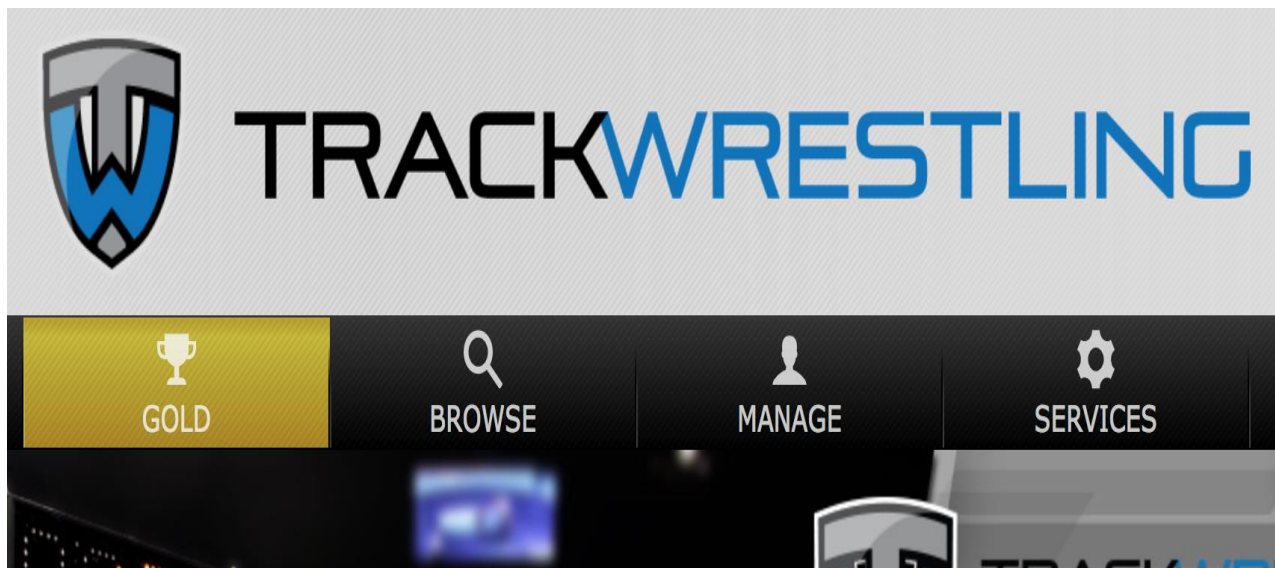
## Optimal Performance Calculator



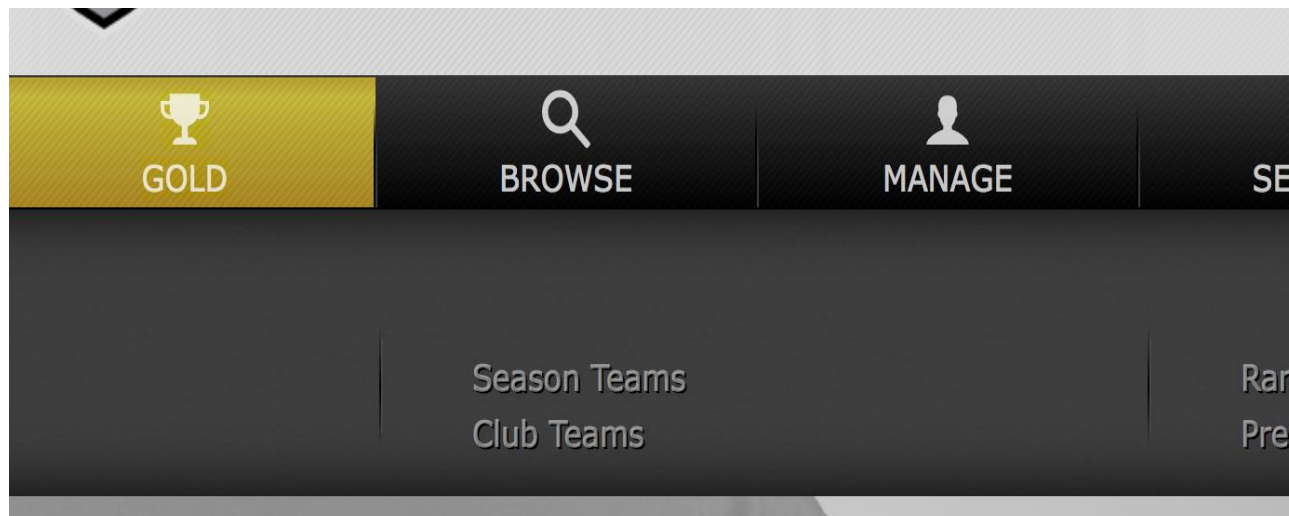
## Step 5

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









Click on Manage & then Season Teams



# Login Page

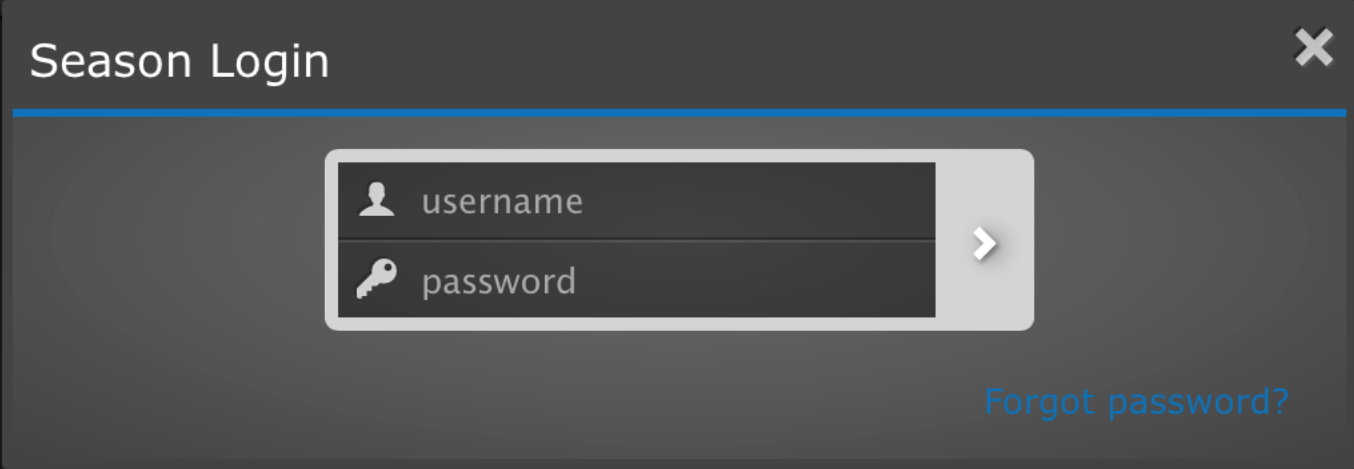
Click “Login” for correct Season

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



The image shows a web application interface with a dark theme. A modal window titled "Season Login" is centered on the screen. The modal has a close button (X) in the top right corner. Inside the modal, there are two input fields: the first is labeled "username" with a person icon, and the second is labeled "password" with a key icon. A right-pointing arrow is located to the right of the password field. Below the input fields, there is a link that says "Forgot password?". In the background, partially obscured by the modal, is a "Sign Up" link in the top left and a footer area containing the text "2014-15 Youth" and a "Login" button with a person icon.

Sign Up

Season Login

username

password

[Forgot password?](#)

2014-15 Youth

Login

# Assessor Dashboard

List of schools that you are able to assess will appear

Teams		
Teams	Transactions	
<div>Search</div>		
Season Team	Global Team	Abbr
<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

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

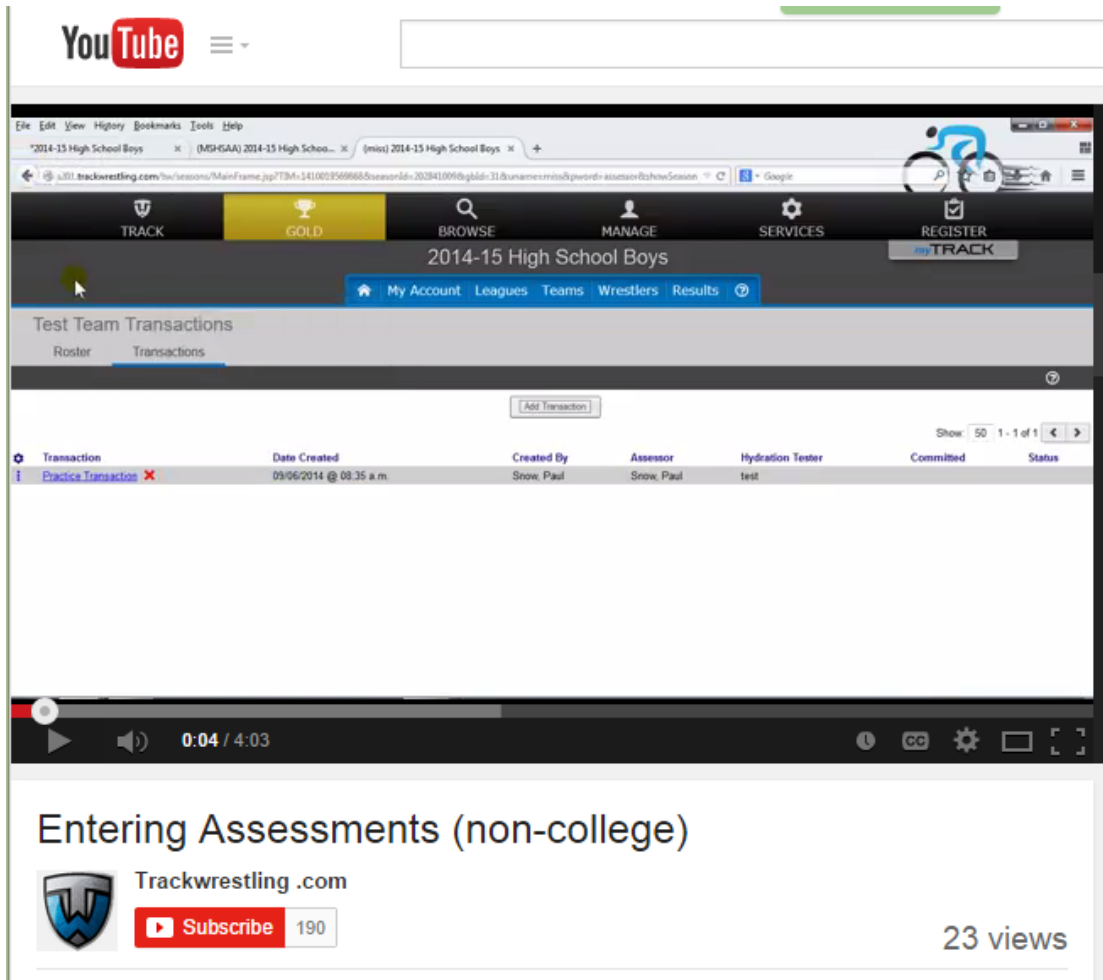


# Entering the Data

- Name and Grade
- Date of Assessment
- Alpha body weight
- Percent Body Fat (BIA)



# Video Instruction



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

- YouTube Header:** Logo and search bar.
- Browser Tabs:** Multiple tabs open, including "2014-15 High School Boys".
- Trackwrestling.com Interface:**
  - Navigation Bar:** TRACK, GOLD, BROWSE, MANAGE, SERVICES, REGISTER.
  - Section:** 2014-15 High School Boys
  - Sub-section:** Test Team Transactions
  - Table:** A table with columns: Transaction, Date Created, Created By, Assessor, Hydration Tester, Committed, Status. One row is visible: Practice Transaction, 09/06/2014 @ 08:35 a.m., Snow, Paul, Snow, Paul, test, Committed, Status.
- Video Player:** Progress bar at 0:04 / 4:03.
- Video Title:** Entering Assessments (non-college)
- Channel:** Trackwrestling .com
- Buttons:** Subscribe (190), 23 views

<https://support.trackwrestling.com/s/article/How-do-I-enter-assessments-and-or-appeals-as-a-team-admin-and-an-assessor>

# 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

Confirm if Practice or Live Transaction

The screenshot displays a software interface with a dark theme. In the foreground, a modal dialog box titled "Add Transaction" is open, featuring a close button (X) in the top right corner. The dialog contains two dropdown menus: "Assessor" with the selected value "Moyer, Mike" and "Transaction Mode" with the selected value "Live". Below these fields is a button labeled "Add". The background shows a table with columns "Created By", "Assessor", and "Committe".

Created By	Assessor	Committe
		/19/201
		/19/201

# 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

Assessment Date

Passed Hydration

✓ \* 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.)

New

# 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.

Weight Certification

Click [here](#) to import a roster from previous seasons.

First Name

\* first name

Last Name

\* last name

Gender

Male

Grade

grade

Previous

Next

# 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

New

Assessment Date

11 / 20 / 2014

Passed Hydration

Yes

Next

Weight Certification

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

Previous

Cancel



# Assessment Form – Step 4

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

The screenshot shows a 'Weight Certification' form for 'Test Seven - Male'. The form is a dark grey modal window with a close button (X) in the top right corner. It 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 are 'Previous' and 'Next' buttons. In the background, a larger form is partially visible with buttons for 'Add Assessment' and 'Commit'.

Weight Certification	
Test Seven - Male	
Assessment Weight	109
Height	5 2
% Body Fat	10
Comments	
<div>Previous</div> <div>Next</div>	

# 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

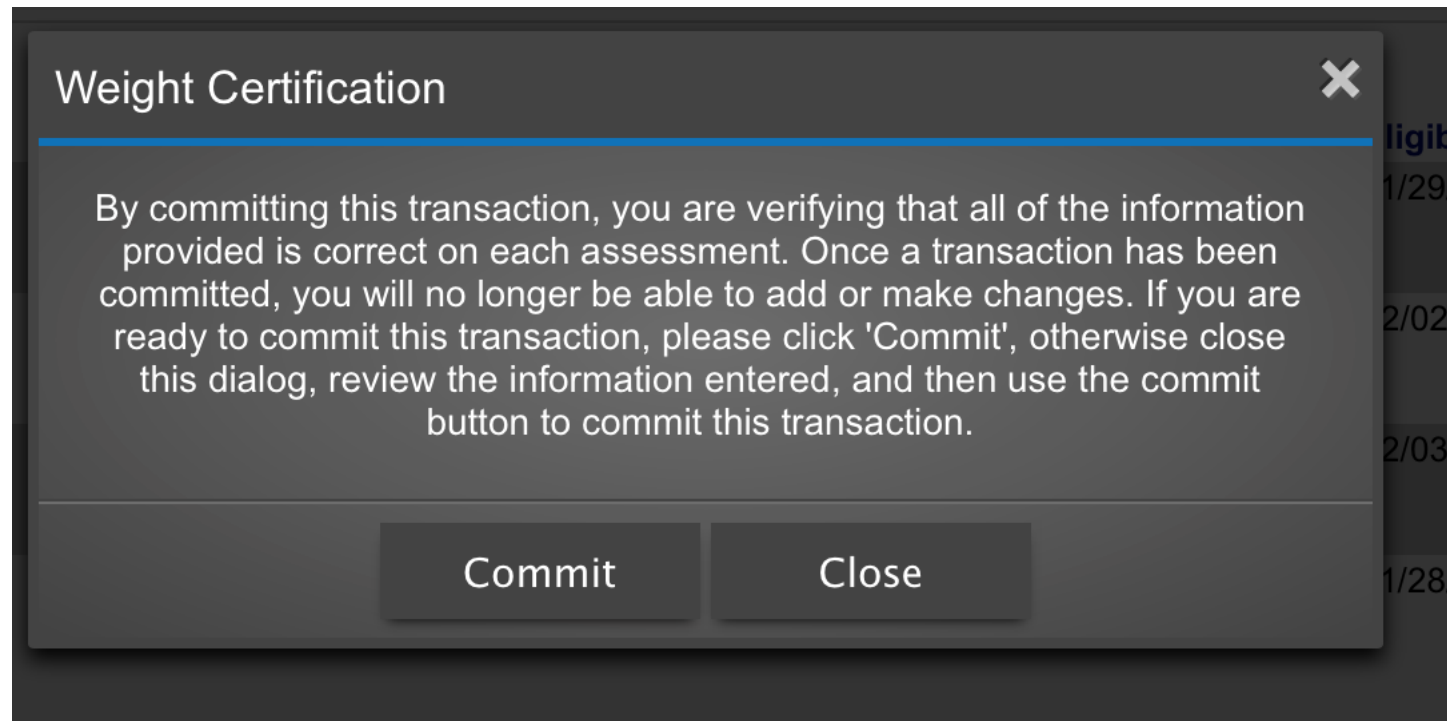
Previous

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>

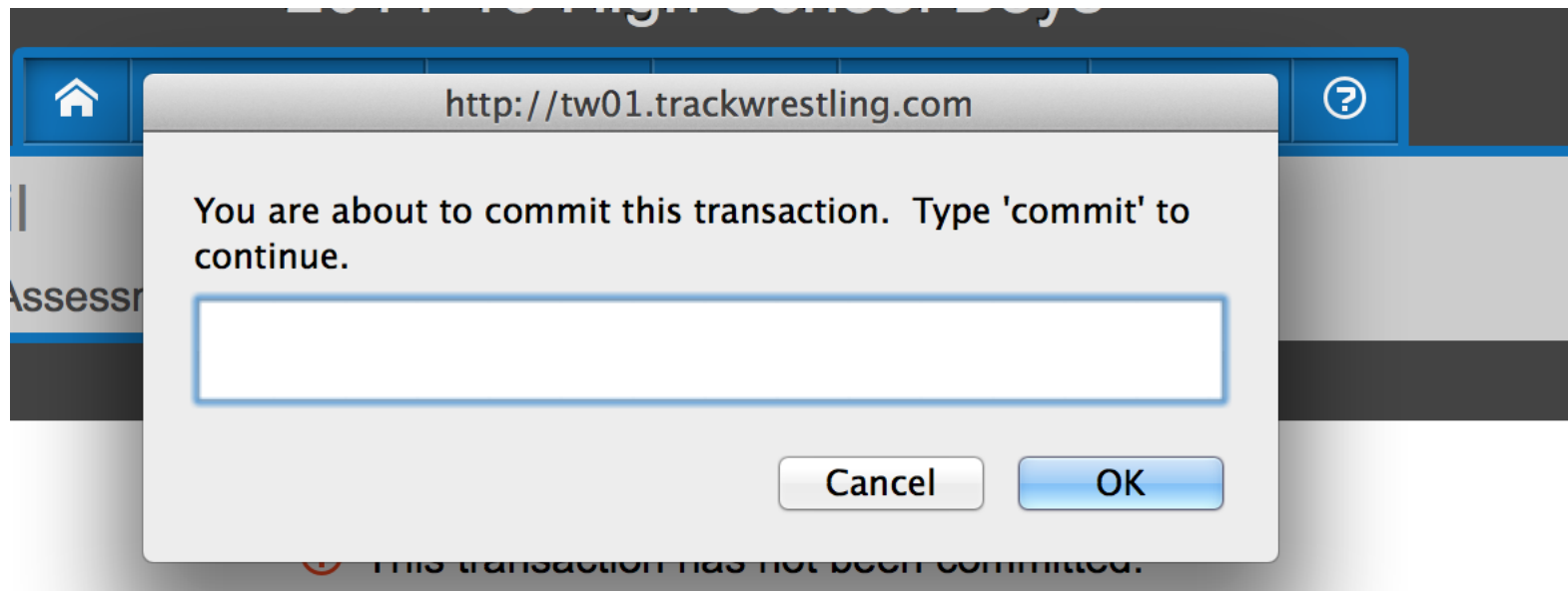
# Assessment Form – Error

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


Status Icons


 **Pending** - Assessment has not been reviewed.

 **Approved** - Assessment has been approved.

 **Denied** - Assessment has been denied.

 **Error Reported** - An error was reported. Approval still pending.

 **Expired** - Assessment has expired.


 **Failed** - Assessment has failed and cannot be used.

Icons & Abbreviations

\* - Indicates weight with consent.

**MWW** - Minimum Wrestling Weight









**MWC** - 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	
Order	<input type="checkbox"/> Name
▲ 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>  


# 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