

NWCA OPC powered by Trackwrestling Coaches Tutorial

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

NWCA OPC Weigh-in and Results System

- Update Team Roster
- Enter Team Schedule
- 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

TRACKWRESTLING

TRACK GOLD BROWSE MANAGE SERVICES REGISTER myTRACK

GOLD MEMBER BENEFITS
More in Recent
View all brackets
Filter rankings
Follow wrestlers

JOIN FOR \$50 ANNUALLY

GO FOR

TRACK GOLD BROWSE MANAGE SERVICES

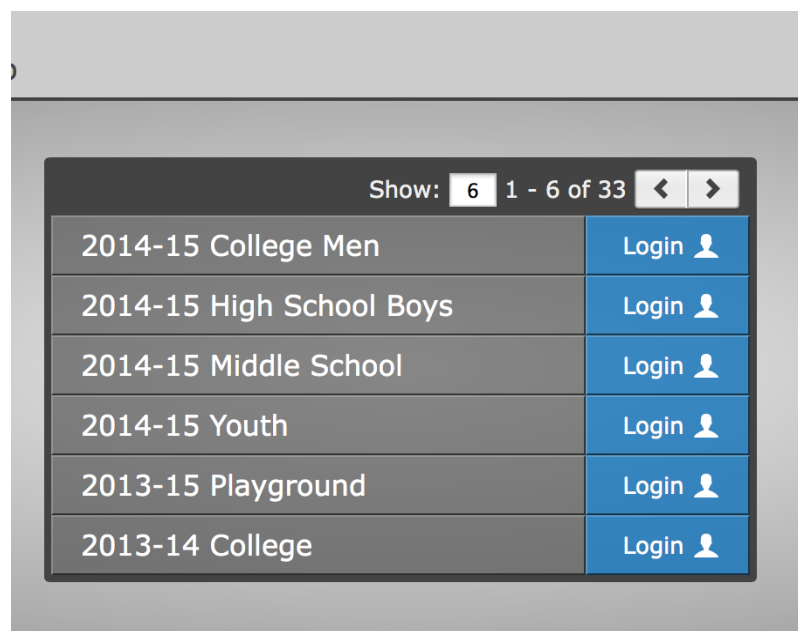
MANAGE

Tournaments Profiles Season Teams Club Teams Rankings Pre-Registrations

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 icon next to the appropriate High School Season



Initial Login

Need to update team information

The screenshot shows a web application interface for team management. The background is a dark grey form with several input fields and dropdown menus. An alert dialog box is overlaid on the form, displaying a message and a 'Continue' button. The form fields include:

- Team Name: Test Team
- Governing Body: Oregon School Activities Association
- School Name: (empty)
- School Address: (empty)
- City / State: (empty)
- Primary: (empty)
- Secondary: (empty)
- Weights: (empty)
- URL Link: (empty)
- Lock Roster: lock roster
- Block Auto Import: No
- Admin Lock: Yes
- Save All View: No

The alert dialog box contains the following text:

Alert

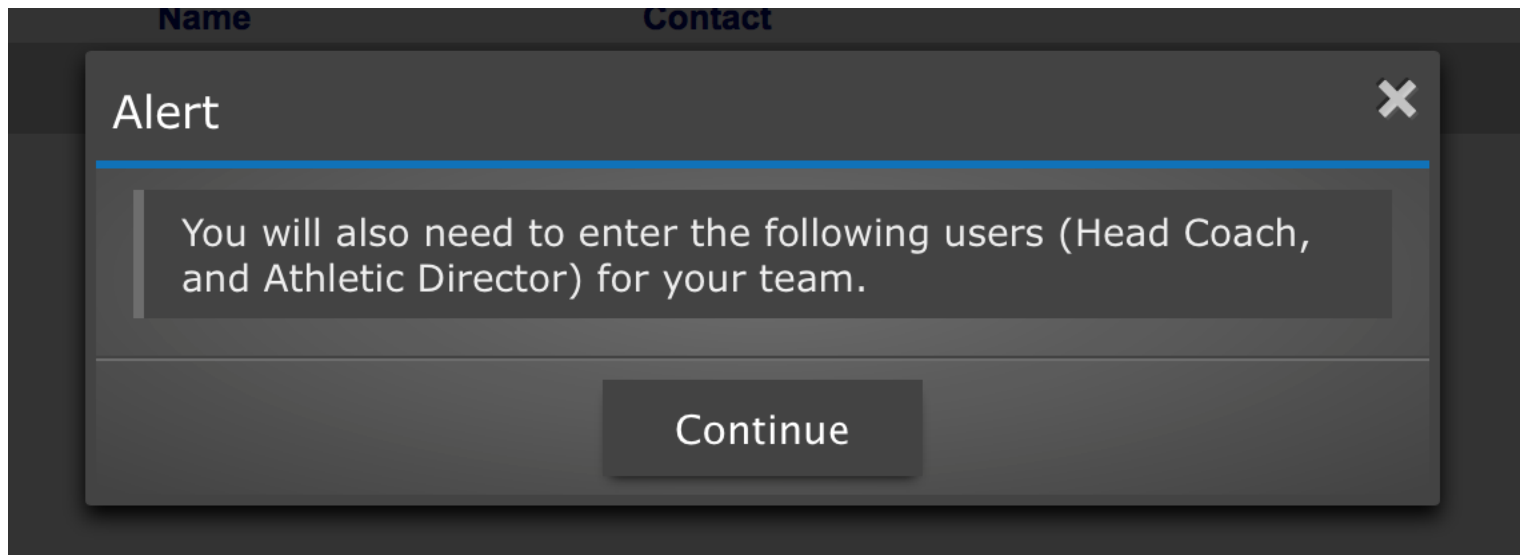
You must fill out your team information before you can use the system.

Continue

A 'Save' button is visible at the bottom right of the form.

Initial Login – Step 2

Update your information and athletic director



Add User

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

Initial Login – Step 2a

Complete Information on Athletic Director

Add User ✕

Title	title	
Name	* first name	* last name
Email	* email address	
Main Phone	* phone number	
Alt. Phone	alternate phone	
Address	address	
City	city	
State	Oregon	
Zip	zip	
Username	* user name	Generate
Password	* password	Generate

Add

Initial Login – Step 2b

Complete Information on Athletic Director and click add

Add 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
<input type="text" value="Athletic Director"/>	Joe Director	test@test.com (555) 555-1212	, OR	Y	N
<input type="text" value="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

AZ NWCA Test Team Schedule

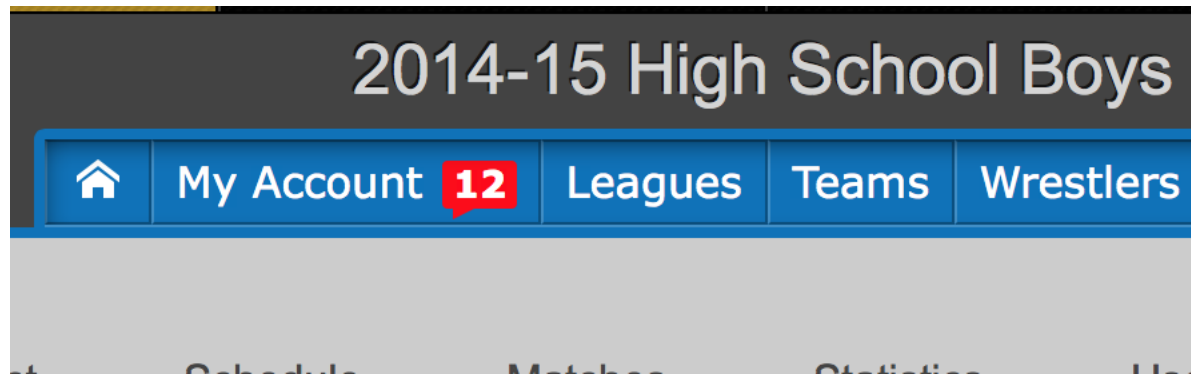
Edit Team Roster Weight Management **Schedule** Matches Statistics Users

Add Event Filter

Date	Event
12/01/2014	 Test Team, AZ @ AZ NWCA Test Team, AZ  

Message System

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



Messages

Date/Time

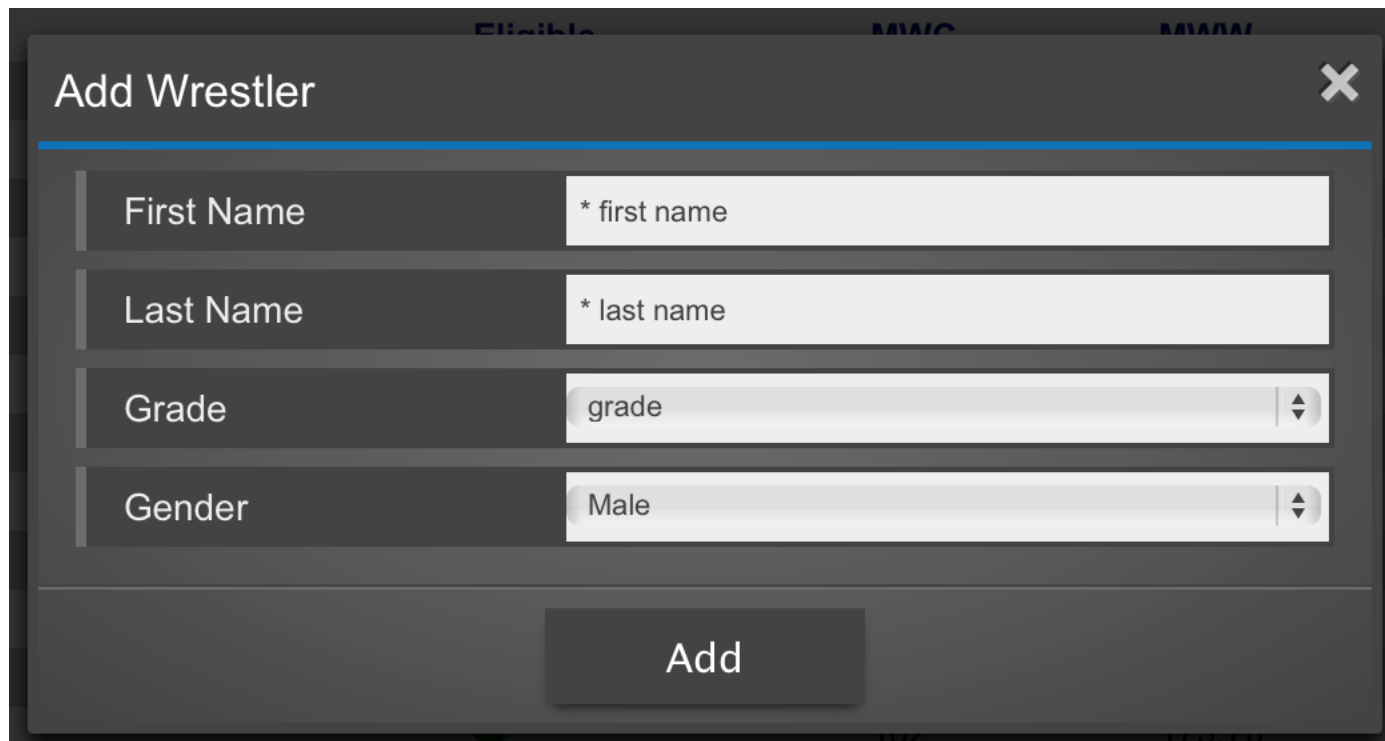
09/21/2014 @ 08:32 a.m.
09/21/2014 @ 08:32 a.m.
09/21/2014 @ 08:32 a.m.
09/21/2014 @ 08:32 a.m.
09/21/2014 @ 08:32 a.m.
09/21/2014 @ 08:32 a.m.

Subject

Assessment approval for Test Fourteen
Assessment approval for Test Thirteen
Assessment approval for Test Twelve
Assessment approval for Test Eleven
Assessment approval for Test Four
Assessment approval for Test Three

Add Wrestler

Click on Add Wrestler Button and then click add



The image shows a dark-themed dialog box titled "Add Wrestler" with a close button (X) in the top right corner. The dialog contains four input fields:

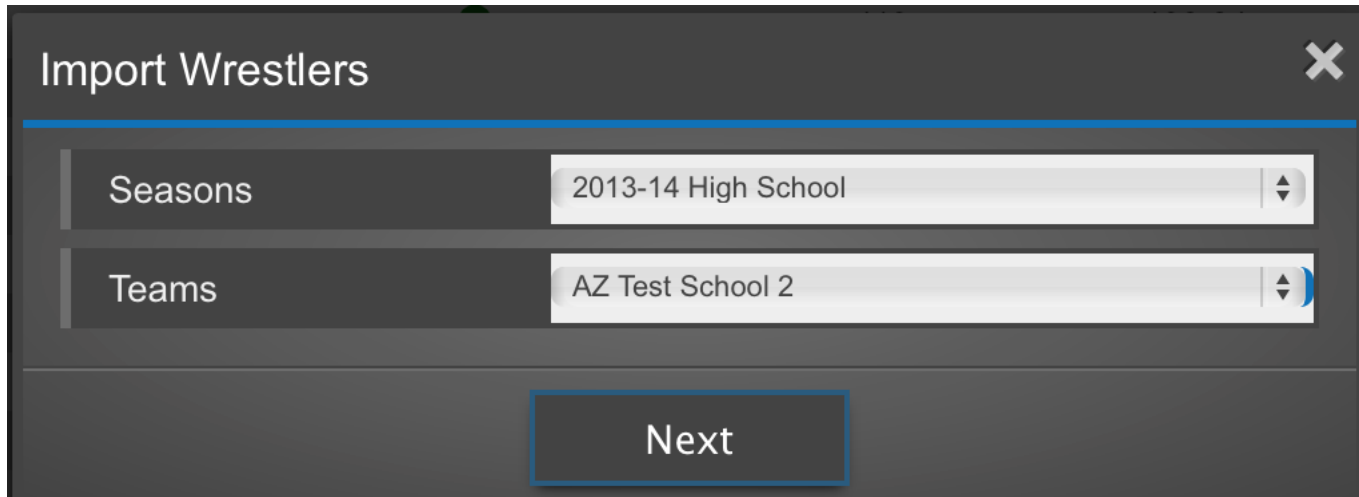
- First Name:** A text input field with the placeholder text "* first name".
- Last Name:** A text input field with the placeholder text "* last name".
- Grade:** A dropdown menu with the placeholder text "grade".
- Gender:** A dropdown menu with the placeholder text "Male".

At the bottom center of the dialog is a button labeled "Add".

Import Roster

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

Click on previous season from Seasons. – Click on Teams and select your schools and then click next



Import Wrestlers

Seasons 2013-14 High School

Teams AZ Test School 2

Next

Import Roster – Step 2

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

Import Wrestlers

Wrestlers




- Wrestler Name
- Gabriel, Peter - So. (160)

Back Import

Icon Help

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

A screenshot of an 'Information' dialog box. The dialog has a title bar with a green checkmark icon, the number '182', and a close button. The main content area is titled 'Status Icons' and contains three entries:

-  **Eligible** - Wrestler is currently eligible for the season.
-  **Ineligible** - Wrestler is currently ineligible for the season.
-  **Weight Loss Plan** - Active wrestler weight loss plan.

Alpha Master Report

Click on Weight Management and then Alpha Master Report

Roster	Alpha Master	Transactions
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Search

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
Eleven, Test ✖ Male 11/20/2014		149.00	5' 8"	11.00%	✓	142.59	145	12/03/2014
Five, Test ✖ Male 10/19/2014		190.00	5' 11"	14.00%	✓	175.70	182	11/08/2014
Four, Test ✖ Male 11/20/2014		142.00	5' 7"	11.00%	✓	135.89	138	12/04/2014
Fourteen, Test ✖ Male 11/20/2014		260.00	5' 9"	15.00%	✓	237.63	285	11/20/2014
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

Weight Loss Plan


Access from scale icon from alpha master report and/or roster page

Weight Loss Plan

NWCA Wrestling Weight Certification

Test Nine - AZ NWCA Test Team

 Initial weight: **123 lbs**

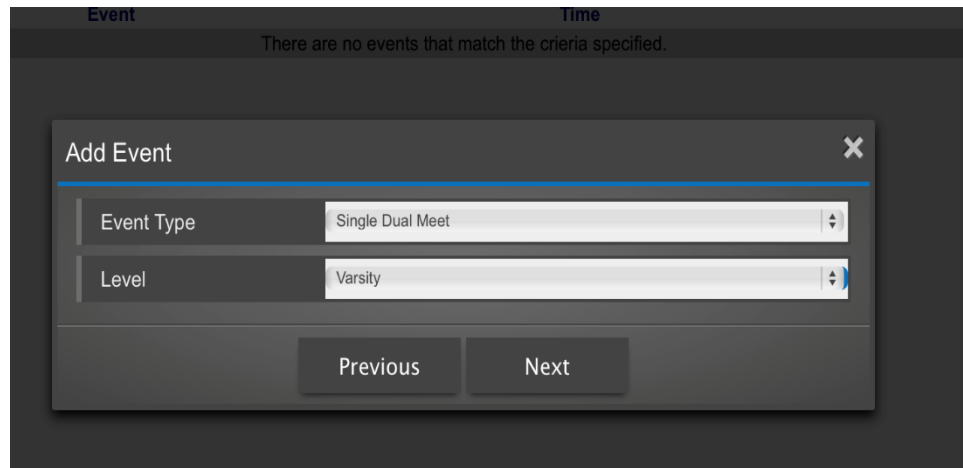
 Weight loss per week: **1.84 lbs**

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

Team Schedule

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



The screenshot shows a dark-themed application window with a header bar containing the words "Event" and "Time". Below the header, a message reads "There are no events that match the criteria specified." A modal dialog box titled "Add Event" is open, featuring a close button (X) in the top right corner. The dialog contains two dropdown menus: "Event Type" is set to "Single Dual Meet" and "Level" is set to "Varsity". At the bottom of the dialog are two buttons labeled "Previous" and "Next".

Team Schedule – Step 2

Enter event information and then click next

The screenshot shows a web application interface with a dark theme. At the top, there is a navigation bar with tabs: 'Management', 'Schedule' (which is highlighted with a blue underline), 'Matches', 'Statistics', 'Users', and 'More'. Below the navigation bar is a modal window titled 'Add Event' with a close button (X) in the top right corner. The modal contains several form fields:

- Date:** A date and time picker showing 'mm / dd / yyyy - hh : mm am'.
- Location:** A dropdown menu with the placeholder text '* location'.
- Leagues:** A large empty text area.
- Weights:** A dropdown menu with the value '2013 - NFHS (106 - 285)'.
- Match Creation:** A dropdown menu with the value 'Create one match per weight'.
- Opponent:** A dropdown menu with the placeholder text '* opposing team'.
- State:** A dropdown menu with the value 'Arizona'.

At the bottom of the modal, there are two buttons: 'Previous' and 'Next'.

Team Schedule – Step 3

Select if it is a new event or tie it to an existing event

Add Event ✕











Select an existing event from the list below or create a new one.

Events New Event

Previous Next

Adding a Weigh-in form

Click on the scale icon next to the competition

	Date	Event
	12/03/2014	 Test Team, AZ @ AZ NWCA Test Team, AZ  
	12/05/2014	 AZ Test Tournament, AZ   

Adding a Weigh-in form – Step 2

Click on add weigh-in

AZ Test Tournament

Edit Event

Teams

Divisions

Weights

Wrestlers

Ma

Add Weigh In

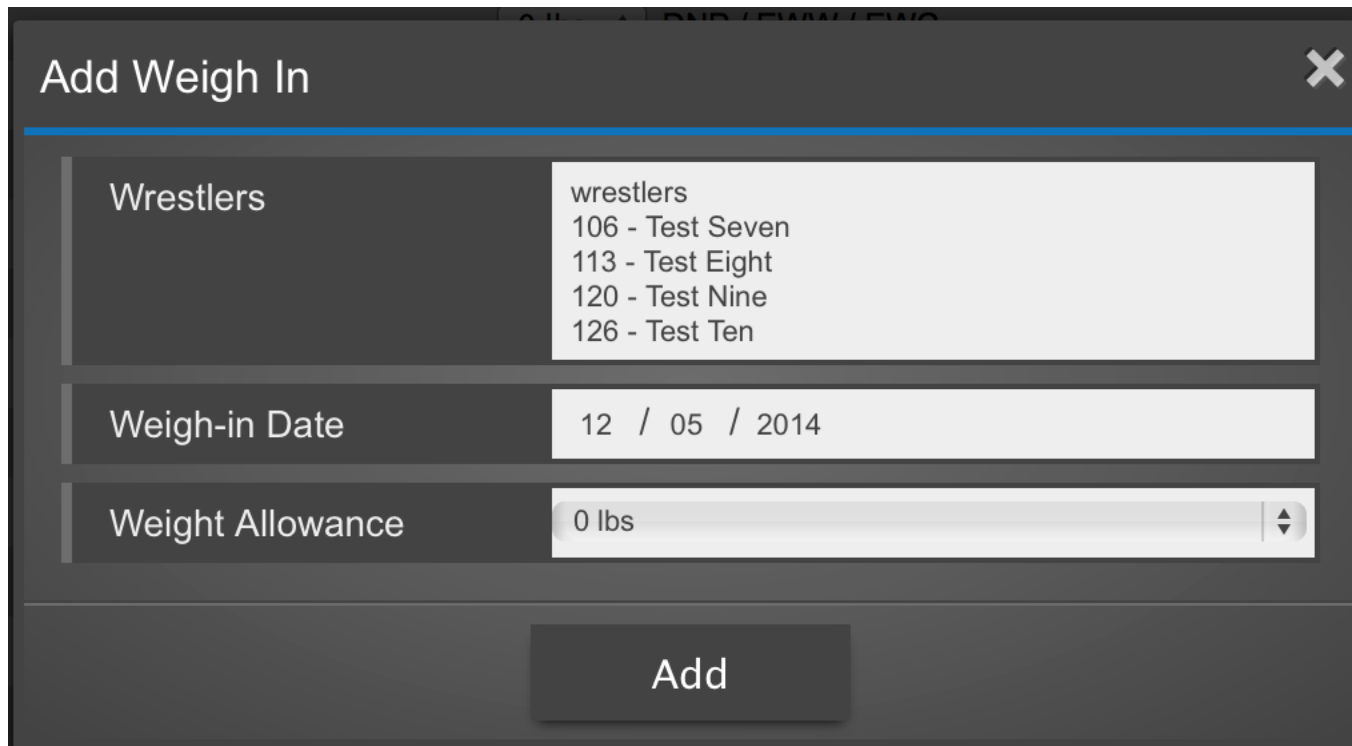
Name

Weight Allowance:

There are no weigh-ins added

Adding a Weigh-in form – Step 3

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



The screenshot shows a dark-themed dialog box titled "Add Weigh In" with a close button (X) in the top right corner. The form contains three input fields and an "Add" button at the bottom. The "Wrestlers" field is a list box containing the following items: "wrestlers", "106 - Test Seven", "113 - Test Eight", "120 - Test Nine", and "126 - Test Ten". The "Weigh-in Date" field is a text input containing "12 / 05 / 2014". The "Weight Allowance" field is a spinner control set to "0 lbs".

Field	Value
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

Add Weigh In

Save Form

Commit











Print

⚠ This form has not been committed.

Name	Weight	12/05/2014
Veight Allowance:		0 lbs ▾ DNP / EWW / EWC
Test Seven 🗑	106 ▾	* weight <input type="checkbox"/> 105.50 / 106
Test Eight 🗑	113 ▾	* weight <input type="checkbox"/> 111.30 / 113
Test Nine 🗑	120 ▾	* weight <input type="checkbox"/> 119.05 / 120
Test Ten 🗑	126 ▾	* weight <input type="checkbox"/> 125.25 / 126
Test Three 🗑	132 ▾	* weight <input type="checkbox"/> 130.66 / 132
Test Four 🗑	138 ▾	* weight <input type="checkbox"/> 137.44 / 138
Test Six 🗑	138 ▾	* weight <input type="checkbox"/> 135.00 / 138
Test Eleven 🗑	145 ▾	* weight <input type="checkbox"/> 144.21 / 145
Test One 🗑	152 ▾	* weight <input type="checkbox"/> 147.61 / 152
Test Twelve 🗑	160 ▾	* weight <input type="checkbox"/> 150.02 / 152
Test Five 🗑	182 ▾	* weight <input type="checkbox"/> 175.70 / 182
evan moyer 🗑	182 ▾	* weight <input type="checkbox"/> 173.83 / 182
Test Two 🗑	195 ▾	* weight <input type="checkbox"/> 193.14 / 195
Test Thirteen 🗑	220 ▾	* weight <input type="checkbox"/> 212.93 / 220
Test Fourteen 🗑	285 ▾	* weight <input type="checkbox"/> 251.64 / 285

Recording Actual Weights– Step 1

Post Competition click on scale icon

	Date	Event
	12/03/2014	 Test Team, AZ @ AZ NWCA Test Team, AZ  
	12/05/2014	 AZ Test Tournament, AZ   

Recording Actual Weights– Step 2


Enter actual weights and click on save form















Add Weigh In

Save Form

Commit

Print

 This form has not been committed.

Name	Weight	12/05/2014
Weight Allowance:		0 lbs <input type="text"/> DNP / EWW / EWC
Test Seven 	106 <input type="text"/>	106 <input type="text"/> <input type="checkbox"/> 105.50 / 106
Test Eight 	113 <input type="text"/>	113 <input type="text"/> <input type="checkbox"/> 111.30 / 113
Test Nine 	120 <input type="text"/>	119 <input type="text"/> <input type="checkbox"/> 119.05 / 120
Test Ten 	126 <input type="text"/>	125 <input type="text"/> <input type="checkbox"/> 125.25 / 126
Test Three 	132 <input type="text"/>	130 <input type="text"/> <input type="checkbox"/> 130.66 / 132
Test Four 	138 <input type="text"/>	137 <input type="text"/> <input type="checkbox"/> 137.44 / 138
Test Six 	138 <input type="text"/>	135 <input type="text"/> <input type="checkbox"/> 135.00 / 138
Test Eleven 	145 <input type="text"/>	144 <input type="text"/> <input type="checkbox"/> 144.21 / 145
Test One 	152 <input type="text"/>	147 <input type="text"/> <input type="checkbox"/> 147.61 / 152
Test Twelve 	160 <input type="text"/>	150 <input type="text"/> <input type="checkbox"/> 150.02 / 152
Test Five 	182 <input type="text"/>	175 <input type="text"/> <input type="checkbox"/> 175.70 / 182
evan moyer 	182 <input type="text"/>	173 <input type="text"/> <input type="checkbox"/> 173.83 / 182
Test Two 	195 <input type="text"/>	193 <input type="text"/> <input type="checkbox"/> 193.14 / 195
Test Thirteen 	220 <input type="text"/>	219 <input type="text"/> <input type="checkbox"/> 212.93 / 220

Recording Actual Weights– Step 3

After saving click on commit

http://s101.trackwrestling.com











You are about to submit this weigh-form and will not be able to make any further changes. Type 'commit' to continue.

Cancel OK

138 ▾	135.00	<input type="checkbox"/>	135.00 / 138
138 ▾	137.00	<input type="checkbox"/>	137.44 / 138
145 ▾	144.00	<input type="checkbox"/>	144.21 / 145
152 ▾	147.00	<input type="checkbox"/>	147.61 / 152
160 ▾	150.00	<input type="checkbox"/>	150.02 / 152
182 ▾	175.00	<input type="checkbox"/>	175.70 / 182
182 ▾	173.00	<input type="checkbox"/>	173.83 / 182











Entering dual meet result

Click on event from schedule

 Date	Event
 12/03/2014	 Test Team, AZ @ AZ NWCA Test Team, AZ  
 12/05/2014	 AZ Test Tournament, AZ   

Entering dual meet result

Click on event from schedule

 Date	Event
 12/03/2014	 Test Team, AZ @ AZ NWCA Test Team, AZ  
 12/05/2014	 AZ Test Tournament, AZ   

Entering dual meet result

Click on weight class to start entering match results

⚠ This dual has not been committed by either team. Click [here](#) to commit this dual and prevent someone from making changes without first clicking [here](#) to view the commit log.

start weight

Weight	<input type="checkbox"/> Summary	AZN	TEST
106 ✖	<input type="checkbox"/> Unknown vs. Unknown	0	0
113 ✖	<input type="checkbox"/> Unknown vs. Unknown	0	0
120 ✖	<input type="checkbox"/> Unknown vs. Unknown	0	0
126 ✖	<input type="checkbox"/> Unknown vs. Unknown	0	0
132 ✖	<input type="checkbox"/> Unknown vs. Unknown	0	0
138 ✖	<input type="checkbox"/> Unknown vs. Unknown	0	0
145 ✖	<input type="checkbox"/> Unknown vs. Unknown	0	0
152 ✖	<input type="checkbox"/> Unknown vs. Unknown	0	0
160 ✖	<input type="checkbox"/> Unknown vs. Unknown	0	0
170 ✖	<input type="checkbox"/> Unknown vs. Unknown	0	0
180 ✖	<input type="checkbox"/> Unknown vs. Unknown	0	0

Entering dual meet result

Complete match information and click save

Weight	106
AZ NWCA Test Team	Seven, Test (106)
Test Team	Two, Test (152)
Winner	Seven, Test (106)
Win Type	Decision
Result	Winner: 5 Loser: 4
Click here to view the electronic bout sheet details for this match.	
Match End Time	09 / 21 / 2014 - 10 : 18 am
Extra Match	No

Save

Entering dual meet result

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

- Add Match
- Fill Weights
- Adjust Team Points
- Assign Level
- Swap Home/Away
- Print Score Sheet











|| This dual has not been committed by either team. Click [here](#) to commit this dual and prevent someone from making changes without first unlocking. Click [here](#) to view the commit log.

start weight

Weight	Summary	AZN	TEST
106 ✖	<input type="checkbox"/> Test Seven (AZ NWCA Test Team) over Test Two (Test Team) (Dec 5-4)	3	0
113 ✖	<input type="checkbox"/> Unknown vs. Unknown	0	0
120 ✖	<input type="checkbox"/> Unknown vs. Unknown	0	0

Entering Tournament Results

Click on event from schedule

 Date	Event
 12/03/2014	 Test Team, AZ @ AZ NWCA Test Team, AZ  
 12/05/2014	 AZ Test Tournament, AZ   

Entering Tournament Results

Click “Import” matches to import matches from event.

If the event was not run on Trackwrestling, enter matches manually using the “Add Match” function (do not add matches that have already been added by the opposing school).

The screenshot shows the management interface for the "AZ Test Tournament". At the top, the title "AZ Test Tournament" is displayed in a grey header. Below the title is a navigation bar with tabs for "Edit Event", "Teams", "Divisions", "Weights", "Wrestlers", and "Matches". The "Matches" tab is currently selected and highlighted with a blue underline. Below the navigation bar, there are three buttons: "Add Match", "Accept Selected", and "Trash Selected". A red warning icon is present, followed by the text: "This event has not been committed by this team. Click [here](#) to commit this event. Click [here](#) to view the commit log." Below this, there is a section header "Weight" with a blue icon to its left and a "Summary" link with a checkbox icon to its right. At the bottom of the screenshot, a grey bar contains the text: "There are no matches added to this event".

Entering Tournament Results

Enter Match Information and click on next – Complete for all missing matches if event was not run on Trackwrestling.

The screenshot shows a 'Add Match' form with the following fields and values:

Field	Value	Additional Info
Match Type	Champ. Round 1	
Weight	106	New
Team 1	AZ NWCA Test Team, AZ	New
Wrestler 1	Seven, Test	
Team 2	No Team	New
Wrestler 2	wrestler 2 Tom Test	New
Winner	Seven, Test	
Win Type	Fall	
Result	Winner 0 - Loser 0 Time 2 : 45	
Match End Time	09 / 21 / 2014 - 11 : 23 am	

Navigation buttons: Previous, Next

Entering Tournament Results

Summary of matches will appear

AZ Test Tournament

Edit Event

Teams

Divisions

Weights

Wrestlers


Matches

Add Match

Accept Selected

Trash Selected

Assign Level

 This event has not been committed by this team. Click [here](#) to commit this event and prevent it from being committed by another team. Click [here](#) to view the commit log.

 **Weight**

Summary

 [106](#) 

Champ. Round 1 - Test Seven (AZ NWCA Test Team) over Tom Test () (Fall 2:45)

 [106](#) 

Test Seven (AZ NWCA Test Team) over Next Wrestler () (Dec 4-2)