



NWCA OPC Coaches Tutorial

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

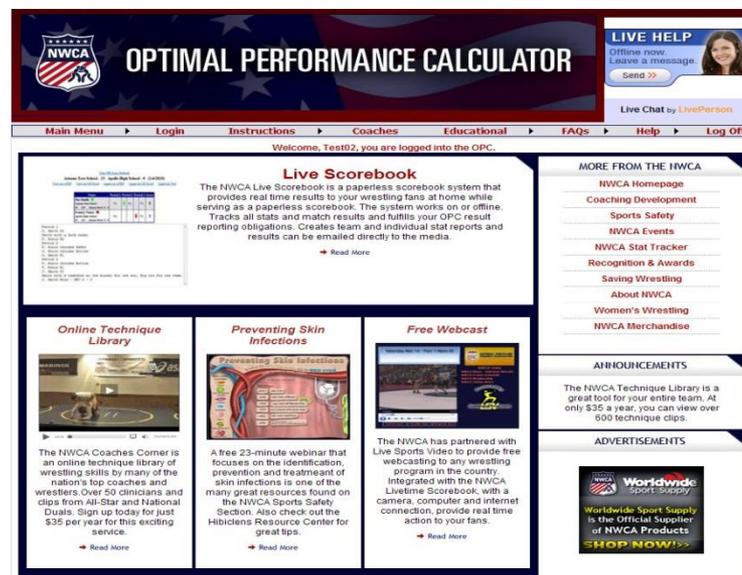
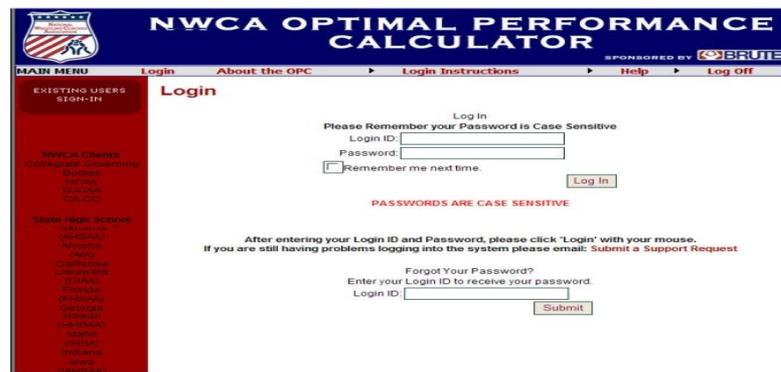
NWCA OPC Weigh-in and Results System

- 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



Login Page and Main Menu

- Log into the OPC using the Coach's Login ID and Password assigned
- Once logged in, click the Coaches tab on the menu bar on the Scholastic home page



Coaches Dashboard – Roster

- On the Coaches Dashboard, click on Wrestlers, then click on the plus sign (+) beside Rostered Wrestlers to view wrestlers currently on your Roster
- To update wrestlers, click on Show Entire Roster. Edit the Grade or Remove a wrestler using the drop down options. If you choose Remove, the wrestler will be removed from your active Roster and be placed on the Reinstate Removed Wrestlers List. Select Prior Year Placement if applicable
- Click the Save Roster Information button to save your changes

OPTIMAL PERFORMANCE CALCULATOR

Main Menu | Login | Instructions | Coaches | Educational | FAQs | Help | Log Off

My Schedule/Results

Wrestlers

Unofficial Test Assessment Form

Add New Wrestler

Rostered Wrestlers

- Barrett, Cody (Appealed - 140)
- Barrett, Cody (145)
- Benson, Nico (189)
- Beste, Alan (171)
- Boyer, Jeff (145)
- Brandt, George (152)
- Caldwell, Kris (140)
- Drake, Joseph (135)
- Harrison, Matt (130)
- Hines, Collin (160)
- Holder, Michelle
- Jones, Jim (189)
- Madison, Kevin (160)
- Morris, Patrick (125)
- Mueller, Frank
- Peachey, Betsy
- Spark, Kolbe
- Stewart, Dane

Show Entire Roster
Reinstate Removed Wrestlers

Team Reports

OPTIMAL PERFORMANCE CALCULATOR

Main Menu | Login | Instructions | Coaches | Educational | FAQs | Help | Log Off

My Schedule/Results

Wrestlers

Unofficial Test Assessment Form

Add New Wrestler

Rostered Wrestlers

- Barrett, Cody (Appealed - 140)
- Barrett, Cody (145)
- Benson, Nico (189)
- Beste, Alan (171)
- Boyer, Jeff (145)
- Brandt, George (152)
- Caldwell, Kris (140)
- Drake, Joseph (135)
- Harrison, Matt (130)
- Hines, Collin (160)
- Holder, Michelle
- Jones, Jim (189)
- Madison, Kevin (160)
- Morris, Patrick (125)
- Mueller, Frank
- Peachey, Betsy
- Spark, Kolbe
- Stewart, Dane

Show Entire Roster
Reinstate Removed Wrestlers

Team Reports

Full Roster Grid

Save Roster Information

Wrestler Name	Edit Grade or Remove	MWC	Prior Year Placement	Wt. Class
First: Cody Middle: Last: Barrett	12	140	Select	140
First: Cody Middle: Last: Barrett	12	145	Select	145
First: Nico Middle: Last: Benson	10	189	Select	189
First: Alan Middle: Last: Beste	10	171	Select	171
First: Jeff Middle: Last: Boyer	12	145	Select	145
First: George Middle: Last: Brandt	12	152	Select	152

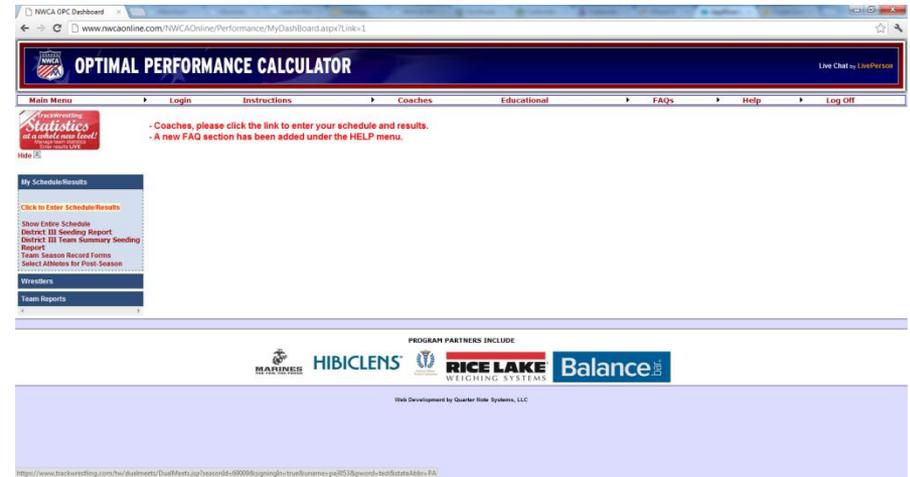
Reinstate Removed Wrestlers

- To reinstate removed wrestlers, click on the Reinstate Removed Wrestlers link on the dashboard
- You will now see a roster of removed wrestlers. To reinstate a wrestler, select a valid Grade from the drop down selection.
- Then click Save Roster Information to reinstate the wrestler to your active Roster

The screenshot displays the NWCA Optimal Performance Calculator interface. At the top, there is a banner with the NWCA logo and the text "OPTIMAL PERFORMANCE CALCULATOR". Below the banner is a navigation menu with links: Main Menu, Login, Instructions, Coaches, Educational, FAQs, Help, and Log Off. The main content area is titled "Reinstate Roster Grid" and contains a "Save Roster Information" button. Below this is a table with three columns: "Wrestler Name", "Select Grade to Reinstate", and "Prior Yr Info". The table lists two wrestlers: Brian Good and Jarred Bitner. For each wrestler, there are input fields for First, Middle, and Last names. A dropdown menu is open for the "Select Grade to Reinstate" column, showing options from 3 to 12. The "Prior Yr Info" column has a "Select" button for each row. At the bottom of the page, there is a section for "PROGRAM PARTNERS INCLUDE".

Team Schedule

- To add your schedule, click the link reading “Click to Enter Schedule/Results” located under the My Schedule/Results section of the OPC Dashboard
- This will take you to your Trackwrestling Portal



Adding Dual Meets

- Click the “Add Event” button
- Select “Dual Meet” for the Type of Event
- Select your date using the “CAL” button
- Select whether it will be a conference meet or not
- Select the Event Level
- Select the Weight Classes you will be using for the event
- Click “Continue”

The screenshot shows the TrackWrestling.com interface for adding an event. At the top, the logo for TrackWrestling.com is displayed, followed by the school name 'High School (2012-13)' and a 'Help | FAQ' link. Below this is the school's schedule page for 'LITITZ CHRISTIAN SCH Schedule', with navigation links for 'Roster', 'Team Info', 'Logo', 'Media Contacts', 'Schedule', 'Matches', and 'Statistics'. A row of buttons includes 'Update from NWCA', 'Add Event', and 'Filter Schedule'. A legend below the buttons explains various icons: a red X for 'Delete Event', a blue square for 'Hide Event', a blue circle with a white arrow for 'Restore Event', a yellow square with a black 'X' for 'Enter Roster', a yellow lightning bolt for 'Pre-Register', a blue diamond for 'NCAA Weigh-In Form', a blue magnifying glass for 'Match with TW Event', a blue square with a white arrow for 'Approved Results', a red square with a white arrow for 'Unapproved Results', and a yellow lightning bolt for 'Opponent Approved'. The 'Add Event' form is highlighted with a blue header and contains the following fields: 'Type of Event' (Dual Meet), 'Date' (CAL 01/11/2013), 'Conference Meet' (No), 'Event Level' (Varsity), and 'Weight Classes' (2012 - NFHS (106 - 285)). At the bottom of the form are 'Continue' and 'Hide' buttons.

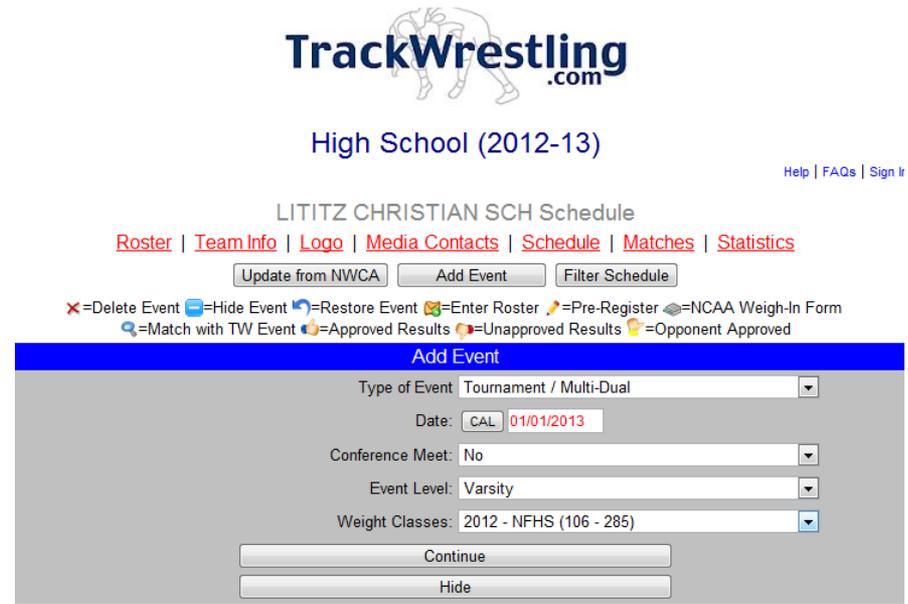
Adding Dual Meets

- If the event is a Trackwrestling.com event, select it from the Trackwrestling Event list. If not, skip that selection.
- If the event is part of a multi dual, select the parent event. If not, skip this.
- Enter a few letters of the opponent name
- Select the state of the opponent
- Click “Add”
- You will be shown a list of possible teams. Click on the team name you wish to add.

The screenshot shows the TrackWrestling.com website interface. At the top, the logo 'TrackWrestling.com' is displayed with a stylized wrestler graphic. Below the logo, it says 'High School (2012-13)' and 'Help | FAQs'. The main content area is titled 'LITITZ CHRISTIAN SCH Schedule' and includes navigation links: 'Roster | Team Info | Logo | Media Contacts | Schedule | Matches | Statistics'. There are three buttons: 'Update from NWCA', 'Add Event', and 'Filter Schedule'. A legend below the buttons defines various icons: 'X=Delete Event', 'H=Hide Event', 'R=Restore Event', 'E=Enter Roster', 'P=Pre-Register', 'W=NCAA Weigh-In Form', 'M=Match with TW Event', 'A=Approved Results', 'U=Unapproved Results', and 'O=Opponent Approved'. The 'Add Dual Meet' form is highlighted with a blue header. It contains the following fields: 'Parent Event: Not Applicable' (dropdown), 'Location: Home' (dropdown), 'Opponent Team Name: Pauls' (text input), and 'Opponent State: New Jersey' (dropdown). At the bottom of the form are two buttons: 'Add' and 'Hide'.

Adding Multi Dual Events

- Click the “Add Event” button
- Select “Tournament/Multi-Dual” for the Type of Event
- Select your date using the “CAL” button
- Select whether it will be a conference meet or not
- Select the Event Level
- Select the Weight Classes you will be using for the event
- Click “Continue”



The screenshot shows the TrackWrestling.com interface for the LITITZ CHRISTIAN SCH Schedule. The page includes navigation links for Roster, Team Info, Logo, Media Contacts, Schedule, Matches, and Statistics. A legend at the top explains various icons used in the system. The 'Add Event' form is the central focus, with the following fields and options:

- Type of Event:** Tournament / Multi-Dual (dropdown menu)
- Date:** CAL 01/01/2013 (calendar icon)
- Conference Meet:** No (dropdown menu)
- Event Level:** Varsity (dropdown menu)
- Weight Classes:** 2012 - NFHS (106 - 285) (dropdown menu)

At the bottom of the form are two buttons: 'Continue' and 'Hide'.

Adding Multi Dual Events

- If the event is a Trackwrestling.com event, select it from the Trackwrestling Event list. If not, skip that selection.
- Select “Dual Tournament” for Tournament Type
- Enter your Event Name
- Make sure the Start/End Dates are accurate
- Enter an Event URL and any comments (OPTIONAL)
- Click “Add”



The screenshot shows the TrackWrestling.com interface for adding an event. At the top, the TrackWrestling.com logo is displayed, followed by the text "High School (2012-13)" and a "Help | FAQ" link. Below this, the schedule for "LITITZ CHRISTIAN SCH" is shown, with navigation links for "Roster", "Team Info", "Logo", "Media Contacts", "Schedule", "Matches", and "Statistics". A toolbar contains buttons for "Update from NWCA", "Add Event", and "Filter Schedule". A legend below the toolbar explains various icons: a red X for "Delete Event", a blue square for "Hide Event", a blue square with a plus for "Restore Event", a green square with a plus for "Enter Roster", a yellow star for "Pre-Register", a grey diamond for "NCAA Weigh-In Form", a magnifying glass for "Match with TW Event", a blue circle with a plus for "Approved Results", a red circle with a plus for "Unapproved Results", and a yellow star for "Opponent Approved". The "Add Event" form itself has a blue header and includes the following fields: "Trackwrestling Event:" (empty), "Tournament Type:" (set to "Dual Tournament"), "Event Name:" (set to "Scholastic Test Duals"), "Event Location:" (set to "Pennsylvania"), "Start Date:" (set to "CAL 01/01/2013"), "End Date:" (set to "CAL 01/01/2013"), "Event URL:" (empty), and "Event Comments:" (empty). At the bottom of the form are "Add" and "Hide" buttons.

Adding Duals to A Multi Dual

- Once you have added your Multi Dual Event to your schedule, click the “Add Event” button to add a dual
- Select “Dual Meet” as the Type of Event
- Select the Date using the “CAL” button
- Enter the Event Level
- Select the Weight Classes you will be using for the event
- Click “Continue”



High School (2012-13)

[Help](#) | [FAQ](#)

LITITZ CHRISTIAN SCH Schedule

[Roster](#) | [Team Info](#) | [Logo](#) | [Media Contacts](#) | [Schedule](#) | [Matches](#) | [Statistics](#)

Delete Event Hide Event Restore Event Enter Roster Pre-Register NCAA Weigh-In Form
 Match with TW Event Approved Results Unapproved Results Opponent Approved

Add Event

Type of Event:

Date:

Conference Meet:

Event Level:

Weight Classes:

Adding Duals to A Multi Dual

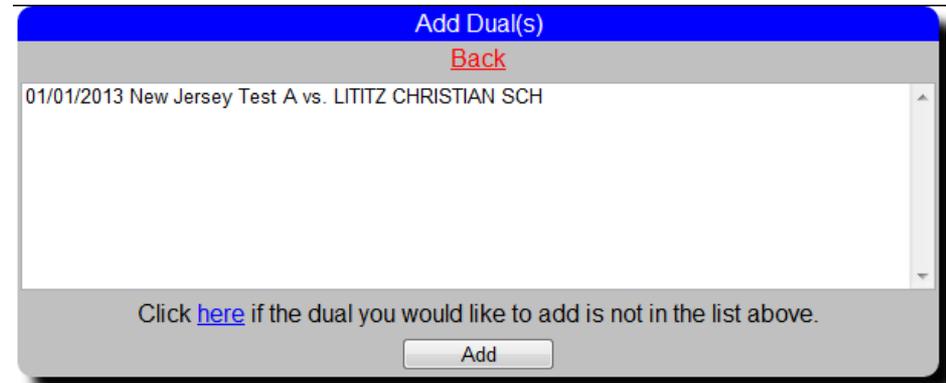
- Select the Parent Event you are placing the dual under. This will only work if you have already created the multi dual event.
- Select the Location
- Enter a few letters of the opponent name
- Select the state of the opponent
- Click “Add”
- You will be shown a list of possible teams. Click on the team name you wish to add.
- The dual will now be listed under your multi dual event



The screenshot shows the TrackWrestling.com website interface. At the top, the logo for TrackWrestling.com is displayed, along with the text 'High School (2012-13)' and a 'Help | FAQ' link. Below this, the page title is 'LITITZ CHRISTIAN SCH Schedule'. A navigation menu includes links for 'Roster', 'Team Info', 'Logo', 'Media Contacts', 'Schedule', 'Matches', and 'Statistics'. There are three buttons: 'Update from NWCA', 'Add Event', and 'Filter Schedule'. A legend below the buttons defines various icons: a trash can for 'Delete Event', a minus sign for 'Hide Event', a plus sign for 'Restore Event', a person for 'Enter Roster', a lightning bolt for 'Pre-Register', a scale for 'NCAA Weigh-In Form', a magnifying glass for 'Match with TW Event', a gold medal for 'Approved Results', a red medal for 'Unapproved Results', and a trophy for 'Opponent Approved'. The main form is titled 'Add Dual Meet' and contains the following fields: 'Parent Event' (dropdown menu with '01/01/2013 Scholastic Test Duals'), 'Location' (dropdown menu with 'Neutral'), 'Opponent Team Name' (text input field with 'PA Test School'), and 'Opponent State' (dropdown menu with 'Pennsylvania'). At the bottom of the form are two buttons: 'Add' and 'Hide'.

Adding Duals to A Multi Dual

- If you already created the dual meets and created the multi dual AFTER you created your dual meets, you can put them under the parent event without deleting and recreating
- Click on the multi dual event
- On the window that appears, click the “Add Dual”
- Highlight any duals you want to place under the multi dual event, and click the “Add” button



Adding Tournaments

- Click the “Add Event” button
- Select “Tournament/Multi-Dual” for the Type of Event
- Select the date using the “CAL” button
- Select whether it will be a conference meet or not
- Select the Event Level
- Select the Weight Classes you will be using for the event
- Click “Continue”

The screenshot shows the TrackWrestling.com interface for adding an event. At the top, the logo for TrackWrestling.com is displayed, along with the text 'High School (2012-13)' and a 'Help | FAQ' link. Below this, the user is logged in as 'LITITZ CHRISTIAN SCH' with a 'Schedule' link. A navigation bar contains links for 'Roster', 'Team Info', 'Logo', 'Media Contacts', 'Schedule', 'Matches', and 'Statistics'. A secondary bar has buttons for 'Update from NWCA', 'Add Event', and 'Filter Schedule'. A legend below the buttons explains various icons: a red X for 'Delete Event', a blue square for 'Hide Event', a blue circle with a right arrow for 'Restore Event', a green square with a plus sign for 'Enter Roster', a yellow lightning bolt for 'Pre-Register', a grey diamond for 'NCAA Weigh-In Form', a magnifying glass for 'Match with TW Event', a blue circle with a checkmark for 'Approved Results', a red circle with a checkmark for 'Unapproved Results', and a yellow star for 'Opponent Approved'. The main 'Add Event' form is a grey box with a blue header. It contains several dropdown menus: 'Type of Event' set to 'Tournament / Multi-Dual', 'Date' set to 'CAL' and '01/01/2013', 'Conference Meet' set to 'No', 'Event Level' set to 'Varsity', and 'Weight Classes' set to '2012 - NFHS (106 - 285)'. At the bottom of the form are two buttons: 'Continue' and 'Hide'.

Adding Tournaments

- If the event is a Trackwrestling.com event, select it from the Trackwrestling Event list. If not, skip that selection.
- Select “Individual Tournament” for Tournament Type
- Enter your Event Name
- Select the Event Location
- Make sure the Start/End Dates are accurate
- Enter an Event URL and any comments (OPTIONAL)
- Click “Add”

The screenshot shows the TrackWrestling.com website interface. At the top, the logo for TrackWrestling.com is displayed, along with the text 'High School (2012-13)' and a 'Help | FAQ' link. Below this, the page title is 'LITITZ CHRISTIAN SCH Schedule'. A navigation bar includes links for 'Roster', 'Team Info', 'Logo', 'Media Contacts', 'Schedule', 'Matches', and 'Statistics'. A secondary navigation bar contains buttons for 'Update from NWCA', 'Add Event', and 'Filter Schedule'. A legend below the buttons defines various icons: a red 'x' for 'Delete Event', a blue square for 'Hide Event', a blue square with a white 'x' for 'Restore Event', a green square with a white 'x' for 'Enter Roster', a yellow lightning bolt for 'Pre-Register', a blue circle with a white 'x' for 'NCAA Weigh-In Form', a blue magnifying glass for 'Match with TW Event', a yellow lightning bolt with a white 'x' for 'Approved Results', a red lightning bolt with a white 'x' for 'Unapproved Results', and a yellow lightning bolt with a white 'x' for 'Opponent Approved'. The main form area is titled 'Add Event' and contains the following fields: 'Trackwrestling Event:' (empty), 'Tournament Type:' (Individual Tournament), 'Event Name:' (Scholastic Test Tournament), 'Event Location:' (Pennsylvania), 'Start Date:' (CAL 01/01/2013), 'End Date:' (CAL 01/01/2013), 'Event URL:' (empty), and 'Event Comments:' (empty). At the bottom of the form are two buttons: 'Add' and 'Hide'.

Creating a Weigh In Form

- To create a weigh in form for an event, go to your Trackwrestling portal to view your schedule
- Click the gray scale icon to the right of your event name
- This will open an NWCA Weigh In Form



The screenshot shows a table of wrestling events. A red arrow points to a gray scale icon next to the event 'Scholastic Test Duals, PA'. A legend in the top right corner indicates that the red 'X' icon is for 'Delete Event', the blue square icon is for 'Match wi', and the gray scale icon is for 'Match wi'.

Date	Event
01/01/2013	Scholastic Test Duals, PA 🔍 ✖ 🏠
	» New Jersey Test A, NJ vs. LITITZ CHRISTIAN SCH, PA ✖ 🏠
01/01/2013	Scholastic Test Tournament, PA 🔍 ✖ 🏠
01/04/2013	Beste Test School, IA @ LITITZ CHRISTIAN SCH, PA ✖ 🏠
01/07/2013	LITITZ CHRISTIAN SCH, PA @ Ndhsaa, ND ✖ 🏠

Weigh In Form – Step 1

- The Date and Opponent/Event Name will be pre-populated from your schedule
- Select the consecutive day pound (s) allowance from the drop down if it applies. (Please refer to your state rules on the consecutive day allowance)
- Then click “Next”

The screenshot displays the NWCA Optimal Performance Calculator interface. At the top, there is a navigation bar with links for Main Menu, Login, Instructions, Coaches, Educational, FAQs, Help, and Log Off. A banner for 'OPTIMAL PERFORMANCE CALCULATOR' features the NWCA logo and a 'LIVE HELP' chat window. The main content area is titled 'Competitive Details' and shows the date '12/16/2010 - PWCA Invitational'. Below this, there are tabs for 'Details', 'Weigh In', 'Enter Results', and 'Email Newspapers'. The 'Weigh In' tab is active, showing a 'Weight Management Reporting Form - New Weigh In' for the '2010-2011' season. The form includes a 'Date' field with a calendar icon, an 'Opponent/Event Name' dropdown menu, and a 'Consecutive Day B. Allowance' dropdown menu. A 'Next' button is located at the bottom right of the form. On the left side, there is a 'My Schedule/Results' sidebar with a tree view of events and a 'Westlers' section.

Weigh In Form – Step 2

- A grid page will appear listing all your wrestlers. The grid will display their eligible weight class and weight loss plan weight for this competition
- Uncheck any wrestlers not competing
- You may select an alternate higher wt class for a wrestler using the drop down selection under match weight.
- Once reviewed and correct click “Next”

OPTIMAL PERFORMANCE CALCULATOR

12/16/2010 - PWCA Invitational

Weight Management Reporting Form - New Weigh In

Date: 12/16/2010

Opponent/Event Name: PWCA Invitational

Consecutive Day In. Allowance: 0

Please uncheck any Wrestlers you do not wish to appear on the Weigh In you are about to create.

Match Wt.	Last Name	First Name	Wt. Loss Plan	Elig. Wt. Class	All	Gender
140	Barrett	Cody	139.70	140	<input checked="" type="checkbox"/>	M
189	Benson	Nico	186.10	189	<input checked="" type="checkbox"/>	M
171	Beste	Alan	165.20	171	<input checked="" type="checkbox"/>	M
145	Boyer	Jeff	142.60	145	<input checked="" type="checkbox"/>	M
152	Brandt	George	151.50	152	<input checked="" type="checkbox"/>	M
140	Caldwell	Kris	137.40	140	<input checked="" type="checkbox"/>	M
135	Drake	Joseph	133.50	135	<input checked="" type="checkbox"/>	M
135	Harrison	Matt	130.10	135	<input checked="" type="checkbox"/>	M
171	Hines	Collin	161.00	171	<input checked="" type="checkbox"/>	M
189	Jones	Jim	174.70	189	<input checked="" type="checkbox"/>	M
189	Madison	Kevin	183.40	189	<input checked="" type="checkbox"/>	M
125	Morris	Patrick	121.90	125	<input checked="" type="checkbox"/>	M

Weigh In Form – Step 3

- Review the wrestlers and weight classes you have chosen for this competition
- Compare the Match Wt., Eligible Wt. Class to be sure that each wrestler is eligible for the Match Wt. chosen
- Then click “Print Weigh In Form” at the bottom of the page

OPTIMAL PERFORMANCE CALCULATOR

12/16/2010 - PWCA Invitational

Weight Management Reporting Form
2010-2011

Date: 12/16/2010

Opponent/Event Name: [Field]

Consecutive Day In Allowance: 0

Save Weigh In Information

Click "Save Weigh In Information" to save AFTER you have added at least one match or AFTER you have entered actual weights.

Weight In Entry Form (Please select the weight class and wrestler's name from the drop-down boxes. After selecting the wrestler you must click on the add button under the delete column to add the wrestler.)

For visual instructions on how to enter information into this form, [click here.](#)

Wt. Class	Wrestler Name	Eligible Weight Class	Wt. Loss Plan	Actual Weight	Delete	Gender
Edt	125 Morris, Patrick	125	121.90	0.00	Delete	M
Edt	135 Drake, Joseph	135	133.50	0.00	Delete	M
Edt	135 Harrison, Matt	135	130.10	0.00	Delete	M
Edt	140 Barrett, Cody	140	138.70	0.00	Delete	M
Edt	140 Caldwell, Kris	140	137.40	0.00	Delete	M
Edt	145 Boyer, Jeff	145	142.60	0.00	Delete	M
Edt	152 Brandt, George	152	151.50	0.00	Delete	M
Edt	171 Bestle, Alan	171	165.20	0.00	Delete	M
Edt	171 Hines, Collin	171	161.00	0.00	Delete	M
Edt	189 Benson, Nico	189	186.10	0.00	Delete	M
Edt	189 Jones, Jim	189	174.70	0.00	Delete	M
Edt	189 Madison, Kevin	189	183.40	0.00	Delete	M
Select	Select Wrestler				Add	

Print Weigh In Form

IMPORTANT: PLEASE VIEW DETAILED INSTRUCTIONS ON HOW TO PRINT WEIGHIN FORM. [Click here for screen shots on how to print](#)

Printable Weigh In Form

- A printer friendly version of the weigh in form will appear as a PDF
- Print the form using the toolbar print option
- Take copies to the match with you to exchange with the opposing coach
- Write down each wrestlers actual weigh in weight in the space provided under the “Actual Weight” column heading

FIAA Official Weigh In Form

Date Report Created: 9/22/2010
 School: PA-NWCA02 Opponent: PWCA Invitational Weigh In Date: 12/16/2010

Weight Class	Wrestler	Grade	Eligible Wt. Class	Wt. Loss Plan	Actual Weight	Last Official WeighIn Date	Last Official Weighin
125	Patrick Morris	12	125.00	121.90	_____	10/24/2010	0.00
135	Joseph Drake	10	135.00	133.50	_____	10/24/2010	0.00
135	Matt Harrison	12	135.00	130.10	_____	10/24/2010	0.00
140	Cody Barrett	12	140.00	138.70	_____	10/24/2010	140.00
140	Kris Caldwell	12	140.00	137.40	_____	10/24/2010	0.00
145	Jeff Boyer	12	145.00	142.60	_____	10/24/2010	142.60
152	George Brandt	12	152.00	151.50	_____	10/24/2010	170.50
171	Alan Beste	10	171.00	165.20	_____	10/24/2010	0.00
171	Collin Hines	12	171.00	161.00	_____	10/24/2010	0.00
189	Nico Benson	10	189.00	186.10	_____	10/24/2010	186.00
189	Jim Jones	9	189.00	174.70	_____	10/24/2010	0.00
189	Kevin Madison	11	189.00	183.40	_____	10/24/2010	0.00

Coach Name (Printed): _____

Coach Signature: _____

Head Official (Printed): _____

Opposing Coach or Tournament Director Name (Printed): _____

Opposing Coach or Tournament Director Signature: _____

Head Official Signature: _____

Post Match Weigh In Form – Step 4

- Log back into the OPC and go to your Trackwrestling portal
- Click the gray scale icon to the right of your event name
- Put your cursor over the text box titled “Actual Weight” for each wrestler and enter in their actual weigh in weight recorded on the printed weigh-in form

12/16/2010 - PWCA Invitational

Weight Management Reporting Form
2010-2011

Date: 12/16/2010
Opponent/Event Name: PWCA Invitational
Consecutive Day B. Allowance: 0

Click "Save Weigh In Information" to save AFTER you have added at least one match or AFTER you have entered actual weights.

Weight In Entry Form (Please select the weight class and wrestler's name from the drop down boxes. After selecting the wrestler you must click on the add button under the delete column to add the wrestler.)

For visual instructions on how to enter information into this form, [click here](#).

Wt. Class	Wrestler Name	Eligible Weight Class	Wt. Loss Plan	Actual Weight	Delete	Gender
EdJ	125	Pharis, Patrick	125	121.90	121.0	Male
EdJ	135	Crane, Steven	135	133.90	134.0	Male
EdJ	135	Harrison, Matt	135	130.10	131.0	Male
EdJ	140	Barrett, Cody	140	136.70	136.0	Male
EdJ	140	Calbank, Eric	140	137.40	137.4	Male
EdJ	145	Boyer, Jeff	145	142.60	142.0	Male
EdJ	152	Branch, George	152	151.50	151.0	Male
EdJ	171	Bank, Alan	171	165.20	165.0	Male
EdJ	171	Hines, Collin	171	161.00	165.0	Male
EdJ	189	Benyon, Nick	189	186.10	185.0	Male
EdJ	189	Jones, Jim	189	174.70	174.0	Male
EdJ	189	Madison, Kevin	189	183.40	184.0	Male

Post Match Weigh In Form – Step 5

- Once all the actual weigh in weights have been recorded on the weigh in form
- Click the “Save Weigh In Information” button at the top of the page to save your actual weigh in weights
- A dialogue box will appear, verifying you have saved your actual weigh in weights. Click “OK”

Wt. Class	Wrestler Name	Empty Weight Class	Wt. Loss Pct	Actual Weight	Status	Gender
125	Harney, Patrick	125	125.00	125.0	Subst	M
135	Dralak, Joseph	135	135.50	134.0	Subst	M
135	Harrison, Matt	135	130.10	131.0	Subst	M
140	Hartley, Cole	140	139.70	138.0	Subst	M
140	Callaway, Eric	140	137.40	137.9	Subst	M
145	Boyer, Jeff	145	142.60	142.0	Subst	M
152	Swartz, George	152	151.00	151.0	Subst	M
171	Rehse, Alan	171	169.20	165.5	Subst	M
171	Hines, Colin	171	161.00	165.0	Subst	M
189	Berens, Matt	189	186.10	186.0	Subst	M
189	Jones, Ben	189	174.70	174.0	Subst	M
189	Madsen, Kevin	189	183.40	184.0	Subst	M

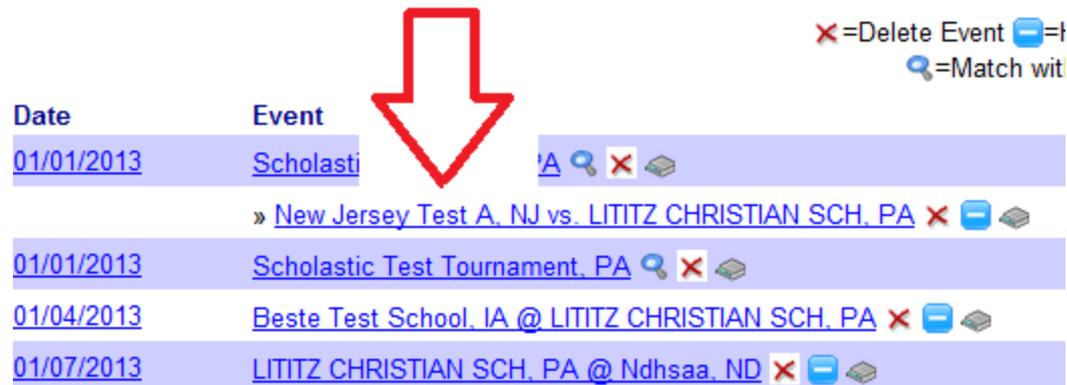


Record Competition Results

- Log back into the OPC and go to your Trackwrestling portal

- Click on the competition name you wish to enter results for

- A new window will appear



Date	Event	Actions
01/01/2013	Scholastic Test Tournament, PA	A
	» New Jersey Test A, NJ vs. LITITZ CHRISTIAN SCH. PA	
01/01/2013	Scholastic Test Tournament, PA	
01/04/2013	Beste Test School, IA @ LITITZ CHRISTIAN SCH. PA	
01/07/2013	LITITZ CHRISTIAN SCH. PA @ Ndhsaa, ND	

Dual Meet Results – Option 1

- On the new window, click on the weight class you wish to enter first.
- Select your wrestler, opponent wrestler, the winner, and the win type
- Enter the score and time as necessary
- Click Save
- Repeat until all results are entered

106

Detailed Entry

▼ Forfeit

-----SELECT A WINNER----- ▼

-----SELECT A WIN TYPE----- ▼

Save

Go Back

Dual Meet Results – Option 2

- If you wish to enter results all at one time, on the new window that appears, click the “Edit All” button
- This will unlock all weight classes
- You can select the first wrestler and tab through entering all necessary data
- When finished, click the “Save All” button

LITITZ CHRISTIAN SCH vs New Jersey
[Offline Entry](#) | [Live Entry](#) | [Summary](#) | [Results](#)

Print Bouts

2012 - NFHS (106 - 285) Starting Weight Class:

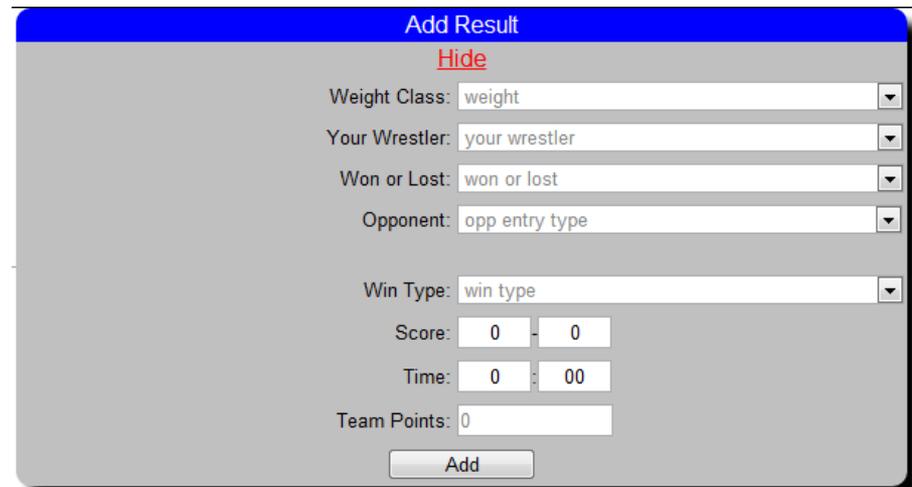
Match Summary

106	Unknown	over	Unknown	Score: 0-0	Time: 0:00
113	Unknown	over	Unknown	Score: 0-0	Time: 0:00
120	Unknown	over	Unknown	Score: 0-0	Time: 0:00
126	Unknown	over	Unknown	Score: 0-0	Time: 0:00
132	Unknown	over	Unknown	Score: 0-0	Time: 0:00
138	Unknown	over	Unknown	Score: 0-0	Time: 0:00
145	Unknown	over	Unknown	Score: 0-0	Time: 0:00
152	Unknown	over	Unknown	Score: 0-0	Time: 0:00
160	Unknown	over	Unknown	Score: 0-0	Time: 0:00
170	Unknown	over	Unknown	Score: 0-0	Time: 0:00
182	Unknown	over	Unknown	Score: 0-0	Time: 0:00
195	Unknown	over	Unknown	Score: 0-0	Time: 0:00
220	Unknown	over	Unknown	Score: 0-0	Time: 0:00
285	Unknown	over	Unknown	Score: 0-0	Time: 0:00

Dual Meet Score

Tournament Results

- On the new window, click the “Add Match” button
- Select the weight class, your wrestler, won/lost, opponent wrestler, win type, score, time of fall, and team points
- Click the “Add” button



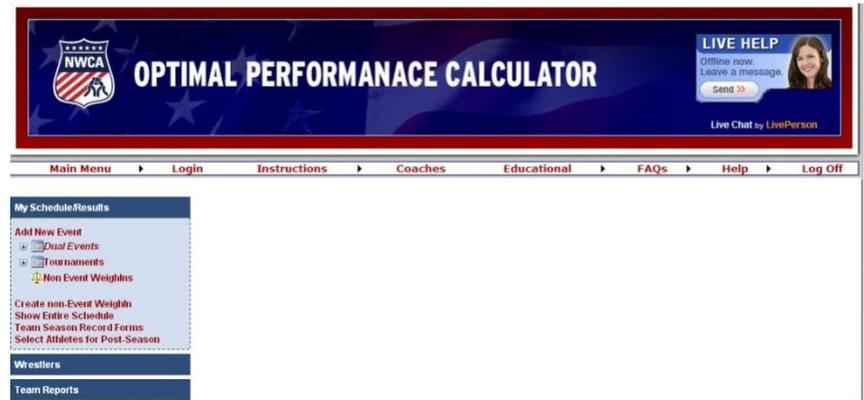
The screenshot shows a window titled "Add Result" with a blue header bar. Below the header is a "Hide" link in red text. The form contains several input fields:

- Weight Class: dropdown menu with "weight" selected
- Your Wrestler: dropdown menu with "your wrestler" selected
- Won or Lost: dropdown menu with "won or lost" selected
- Opponent: dropdown menu with "opp entry type" selected
- Win Type: dropdown menu with "win type" selected
- Score: two input boxes, both containing "0"
- Time: two input boxes, the first containing "0" and the second containing "00"
- Team Points: input box containing "0"

At the bottom of the form is an "Add" button.

Individual Season Record Form

- To access your Teams Individual Season Record Forms, click on the link titled: Team Season Record Forms on the Coaches dashboard



Individual Season Record Form - Select wrestler & matches

- A list of your Rostered Wrestlers will appear
- Click the “Select” button beside the wrestlers name to view his/her Individual Season Record Form
- A grid page will appear of that wrestlers competitions
- Then click the “Show Season Record Form” button



Please uncheck any matches you do not wish to appear on your Season Record Form.

[Return to Home](#)

Match Date	Wrestler	Wt. Class	Opponent School	Opponent Name	Win/Loss	Win Type	Score	Time	Display on Record Form?	Opp. Year	Place	District/State Dual	Prior Year Place
10/16/2008	Nico Benson	135	PA-NWCA0	Brady, Jeff	W	DEC	6-2		<input checked="" type="checkbox"/>	NONE			-1
10/16/2008	Nico Benson	103	PA-NWCA0	Brady, Jeff	W	DEC	7-2		<input checked="" type="checkbox"/>	NONE			-1
10/16/2008	Nico Benson	103	PA-NWCA01	Hansen, Jeff	L	FALL	1:34	1:34	<input checked="" type="checkbox"/>	NONE			-1
10/16/2008	Nico Benson	103	PA-NWCA01	Hess, Jason	W	DEC	6-1		<input checked="" type="checkbox"/>	NONE			-1
12/1/2008	Nico Benson	103	PA-NWCA01	Brady, Jeff	W	DEC	3-1		<input checked="" type="checkbox"/>	NONE			-1
12/6/2008	Nico Benson	103	St. Eds.	Perry, Mark	W	DEC	1-0		<input checked="" type="checkbox"/>	NONE			-1
12/6/2008	Nico Benson	103	Viola	Heslett, Joe	W	MD	12-4		<input checked="" type="checkbox"/>	NONE			-1
12/6/2008	Nico Benson	103	Perry	Schaefer, GP	W	FALL	2:21	2:21	<input checked="" type="checkbox"/>	NONE			-1
12/6/2008	Nico Benson	103	Reynolds	Taylor, Casey	W	SV	3-1		<input checked="" type="checkbox"/>	NONE			-1

