**NWCA/Trackwrestling Optimal Performance Calculator Program**

**What is the OPC?** The Optimal Performance Calculator (OPC) is a scientifically based weight management program that was developed by the National Wrestling Coaches Association and a group of world-renowned sport scientists in 1999 following the tragic deaths of three college wrestlers. Since that time, the system has been modified to be a full-service wrestling management program to include the ability to manage in-season competition results and post-season administration seeding.

The system is proven to safeguard student-athletes with a scientifically based researched program. The OPC has created administrative efficiencies for coaches, athletic directors and governing bodies to manage their wrestling season.

## Who uses the OPC system? Currently 41 state high school associations, independent associations, the National Preps, along with the NCAA, NAIA and NJCAA all utilize the OPC system to administer their weight management program. Approximately 230,000 wrestlers are assessed annually

**What does the OPC do:**

* Provides a minimum wrestling weight for wrestlers that correlates to 12% body fat for females
* A minimum wrestling weight class is determined for each wrestler
* Creates a weight loss plan that wrestlers must follow that does not allow a wrestler to lose more than 1.5% of their body weight per week broken down daily
* Using a team weigh-in form, wrestlers record their actual weights from competition that may or may not re-calculate their weight loss plans

**How is the minimum wrestling weight determined:**

* A certified athletic trainer or member of the school medical staff conducts a weight assessment on each athlete
* Wrestler must pass a hydration test with a urine specific gravity of 1.020 or less
* Body Weight is taken
* Body fat is taken using either skin folds measurements at two locations for females (Triceps and Subscapular)
* The hydration level, hydrated body weight and the skin fold measurements are entered into the OPC system. The information then provides the wrestler’s body fat along with a minimum wrestling weight at 12% body fat.

**Other notes:**

* Wrestlers may not compete until a weight assessment is done
* A wrestler cannot violate their weight management decent plan for each competition