

OPTIMAL PERFORMANCE
CALCULATOR (OPC)
COLLEGIATE OVERVIEW -
WOMEN

Pat Tocci, NWCA

SET-UP REQUIREMENTS

- Codes will be sent to the Head Coach at each women's school
- The ATC on the men's side will be set up as the women's team ATC unless otherwise notified that it is a different person
- New programs should inform the NWCA at ptocci@nwca.cc who their assessor is

COACH RESPONSIBILITIES

- Login to the OPC System and complete the initial tasks before proceeding to the weight management component (10-15 minute process on initial login)
- Complete all required tasks by October 1
- Consult with your athletic trainer about the assessment process. Develop a time you will test the wrestlers and ensure that the coaches, athletic trainers and wrestlers are all on the same page.
- Wrestlers must be assessed by November 1
- Create weigh-in forms for each competition
- Enter Result data from each competition
- Record Actual Weights following each competition
- Provide name and email of New Athletic Trainer; ATC Names are those that are on file from the previous year

ASSESSOR RESPONSIBILITIES

- Login to the OPC system with your access codes you will receive from Track Wrestling.
- Update your individual assessor profile
- Meet with coach to review the assessment process
- Complete the assessment process for each student-athlete by November 1
- Once an assessment is performed by an athletic trainer, the ATC has 5 days to enter the data into the OPC system
- Once an assessment has been entered, the coach has 48 hours to confirm the assessment as correct or the assessment will have to be re-done.

TASKS TO COMPLETE BY EACH TEAM BY OCTOBER 1

- Update your competition schedule
- Update your team roster

CRITICAL ITEMS TO KNOW

- All wrestlers must be assessed by November 1 or by the first date of competition if they come out for the team late.
- Once an assessment is performed, the athletic trainer has 5 days to put the information into the OPC system. If the assessment is not put into the OPC within 5 days, the assessment will be null and void and will have to be re-done.
- Once an assessment is entered into the OPC system, the coach has 48 hours to confirm the assessment. If not confirmed in 48 hours, the assessment will be null and void and have to be re-done.
- It is imperative that the coach and athletic trainer communicate the process to be on the same page about timelines, process and accepting desired results.
- Once an assessment is 'confirmed' the assessment is finalized and can no longer be edited or re-done. The wrestler is locked into that weight class.
- There is no 're-assessment' process. Once the assessment is done and confirmed. It is final.

HOW ARE CODES RECEIVED?

- An email I sent from TrackWrestling system with the access codes for the coach and/or assessor
- The initial email provides the instruction guide for the coach and assessor to get started

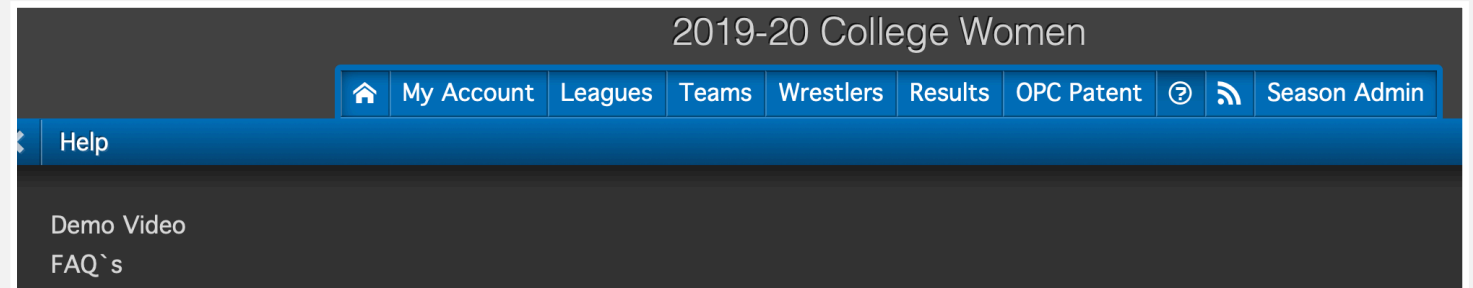
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Welcome to the start of the [seasonName] wrestling season, below we have outlined a few key instructions for the operation of the NWCA Optimal Performance Calculator powered by Trackwrestling that are necessary to the start of the new season. As the new season commences it is crucial that you review the updated instructions prior to logging in.

Below you will find your access link for the Optimal Performance Calculator:

[Access Link](#)

COMPLETE INSTRUCTION GUIDE

- A complete instruction guide to complete all tasks on Track are found in the FAQ section of Trackwrestling
- Each section will also have a video on how to complete this process
- Find the FAQ's by clicking on the ? Mark on the menu bar



TOOLS NEEDED FOR ASSESSMENT

Refractometer (Atago)

Calibrated Scale

Skin-fold calipers (Harpenden, Lange or Lafayette)

HYDRATION TESTING

- Hydration Level must be 1.020 or lower
- Provision of a urine sample for determination of specific gravity must be done under the direct supervision of a designated validator. The validator must be of the same gender as the wrestler and should be the assessor if the gender requirement allows it. If the assessor is however, not of the same gender as the wrestler, the assessor may work with their supervisor to appoint a medical professional of the same gender to serve as the validator

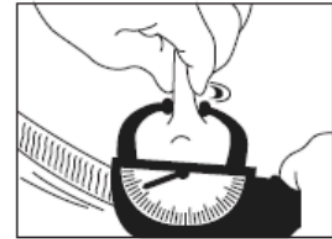
DIFFERENCES BETWEEN THE MEN'S AND WOMEN'S ASSESSMENTS

- Minimum Wrestling Weight is determined at 12% body fat
- Skin Fold Measurements are taken at a 2-site location (Subscapular and Triceps)
- Women's Weight Classes: 101, 109, 116, 123, 130, 136, 143, 155, 171, 190
- NOTE:
 - A more current female specific wrestling study is warranted in looking at the current method for conducting body fat readings on female wrestlers with skin calipers. The NWCA is currently in the process of working with researches to do this study in this year.

HOW TO TAKE THE SKIN FOLD MEASUREMENTS

RAISING SKIN-FOLDS

1. Hold the skin-fold caliper in the right hand while raising the skin-fold with the thumb and index finger of the left.
2. The skin-fold should be grasped one centimeter from where the actual measurement will occur. Practice will be necessary to feel the underlying adipose tissue separate from the muscle. Hold the skin-fold firmly but do not pinch to the point of pain.
3. Measure midway between the surface and the crest of the fold. Allow the caliper paddles to gently come in contact with the skin-fold. Release the mechanism so that thumb, index finger, and caliper spring tension is supporting the skin-fold.
4. Leave the caliper paddles in contact with the skin from two to four seconds. Longer contact may actually decrease the skin-fold value due to fluid being forced from the tissue.
5. Position yourself so you are looking directly at the caliper dial, read and record the measurement to the nearest .5 millimeter.
6. Take three measurements at each site in serial fashion (for example, triceps, subscapular, abdomen, repeat). Take the median of the three values at each site and record in appropriate column.



HOW TO TAKE THE SKIN FOLDS- TRICEPS

Triceps

- The triceps skin-fold is measured on the midline of the posterior aspect of the upper arm, over the triceps muscle.
- The fold is measured midway between the posterior-lateral aspect of the acromion process of the scapula and the olecranon process of the ulna.
- The elbow should be flexed to 90 degrees to locate these landmarks.
- Use a tape measure and mark the location.
- The arm should then be extended and fully relaxed at the side to raise the skin-fold.



HOW TO TAKE THE SKIN FOLD FOR WOMEN - SUBSCAPULAR



Subscapular

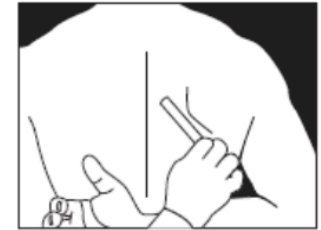
- The subscapular fold is raised on a diagonal one centimeter below the inferior angle of the scapula.
- With the arms comfortably at their side palpate the vertebral border with the fingers until the inferior angle is identified. The inferior angle is the lowest point of the scapula.
- To aid identification of the site in a well-muscled athlete, place the arm behind their back. The vertebral border and inferior angle of the scapula should become more evident. In most instances the location is identified by a natural hollowing of the skin when the arm is placed behind the back.
- Return the arms to their side and be sure the shoulders are level and relaxed while raising the skin-fold.

HOW TO TAKE THE SKIN FOLD FOR WOMEN - CAUTIONS

CAUTIONS

Common Errors in Measuring Skin-folds

1. Be careful to measure and mark each site. Raise the skin-fold one centimeter above that site so the caliper paddles will be directly over the marked location. The paddles should be placed one centimeter from thumb and index finger grasping the skin-fold.
2. Be cautious to make the measurements when the skin is dry. When the skin is wet the tester may grab an excessive skin-fold resulting in larger values.
3. The measurements should not be taken immediately after a workout or when the subject is overheated. Fluid shifts to the skin occur as the body attempts to cool itself. This may increase the skin-fold measurement.
4. Take special care to look directly at the caliper to avoid errors in viewing from an angle.



HOW DOES A COLLEGE ASSESSOR ENTER AN ASSESSMENT?

Click [here](#) for a video on this topic.

- Click on the team you are doing assessments for
- If you are adding to an existing transaction click on it and skip to step 4. Otherwise, click the [Add Transaction] button to create a new transaction.
- Select your name from the assessors list. Click the [Add] button to be taken to the transaction.
- Click the [Add Assessment] button
- Select the wrestler from the drop down menu. Enter the Assessment Date and the Specific Gravity value. Click the [Next] button.
- Enter the Assessment Weight and three (3) skinfold measurements for Tricep, Subscapula and Abdominal. Click the [Next] button.
- Review the assessment results.
- Click the [Next Wrestler] button to save this assessment and continue to the next assessment. Follow the same steps starting with #5. If you are done adding assessments click the [Finish] button and you will be prompted to commit all of the assessments on this transaction.

COACH MUST CONFIRM ASSESSMENT

- Once the assessor enters the information, the coach has 48-hours to confirm the assessment
- Critical for the coach to know when the assessor puts in the information in to the system
- If you do not confirm the assessment within 48 hours, the assessment is voided and needs to be re-done
- An email message is sent to the coach to review and confirm the assessment
- If you accept an assessment, you cannot appeal the decision later. The assessment is binding
- It is highly **RECOMMENDED** that only the head coach confirms assessment. It is not recommended to designate this responsibility to an assistant coach

ONCE THE SEASON STARTS

- Create a team weigh-in form for each competition including open events for Red-Shirts
- The weigh-in forms will ensure that wrestlers are at the correct weight class.
- Violations happen when you do not create a weigh-in form

TEAMS REQUIRED TO ENTERING RESULTS

- Dual meet results must be entered after each competition
- Approve the results by using the 'thumbs'
- Review tournaments results after each competition
- **YOU ARE RESPONSIBLE FOR YOUR RESULTS!!!!!!**

REVIEWING SEASON RECORD FORMS

- **REVIEW YOUR SEASON RECORDS FORMS! YOU ARE 100% RESPONSIBLE FOR THE ACCURACY OF THEM**
- **Season record forms for each wrestler is found in the OPC system under the heading of 'matches'**