

# Washington Wrestling Coaches Conference

## WIAA Wrestling Weight Management

Carl Wenham

### Important information all coaches need to be familiar with

- [WIAA WRESTLING WEBSITE](#)
- [WIAA HANDBOOK](#) pg.70
- [WIAA "Bound for State Regulations"](#)
- [WIAA "Tournament Central"](#)
  
- **All coaches must complete Winter Rules Clinics Due by Dec 2**

### Questions:

[wwwmp@wiaa.com](mailto:wwwmp@wiaa.com) or Carl Wenham – 253-946-2281, Stark Porter – 206-276-1446

### NEW THIS YEAR

#### WA State is using NWCA OPC for Weight Management (powered by Track Wrestling)

**FIVE Important Tasks you need to complete in OPC to get your season started successfully -**

- 1) [Log in](#) and update your roster.
- 2) Update roster accurately
- 3) Printout WIAA Assessment Form
- 4) Build Schedule in OPC
- 5) Print out Weight In Forms for each competition day when they arrive

**The following link help with the OPC and weight management topics. There are links to some youtube videos and a detailed list of how to's.**

<http://www.trackwrestling.com/FAQPlan.jsp?planId=139044009>

- Each school has one account for Athletic Director and Head Coach setup with specific username.
- Use of "Need Help?" tab on the right side of your OPC website.

### Other Information:

- OPC has been paid for by WIAA, use of Stats Program is optional and requires payment from school if you wish to use. \$50. See how to make money for your team with live results.