

How to log into the program:

1. Go to the NWCA home page at www.nwcaonline.com
2. Please make sure you have **all pop up blockers turned off** for our site before you continue
3. On NWCA home page, go to top menu bar under **Weight Management** and click on the **Optimal Performance Calculator (OPC)** drop down
4. You will now be directed to the Optimal Performance Calculator (OPC) Program (www.nwcaonline.com/nwcaonline/default.aspx).
5. Once at the OPC home page click on the **Login** tab on the menu bar
6. On the login page, the Assessor will enter his/her NWCA Login ID and Password.
7. You will now be logged into the program at the Assessor homepage of the Optimal Performance Calculator Program

Need Access Codes?

If you would like to utilize the NWCA OPC Program and do not have access codes, please contact the NWCA at 717-653-8009 to be set up with access codes. Please indicate when calling what version of the OPC system you would like access for.

Having problems logging in to the OPC?

Coaches: (Wrestling Only)

- Your login ID always begins with the first two letters the abbreviation for your state followed by a set of numbers. **Example: If you are in Pennsylvania, your login begins with PA followed by three numbers for, PA001**
- Your initial password is a five digit number
- Please be careful not to confuse the school password with the coach's password. The school password is used by the assessor to enter your assessment data. This password is a combination of letters and numbers.
- After initially logging into the system, you will be asked to change your password. Please remember to write this password down.

Wrestlers, student-athletes, students and wellness clients:

- Your coach, teacher or assessor should provide you your login ID and password.
- Please remind your coach this login ID and password is on the wrestlers on file, students on file, athletes on file and clients on file page.

Assessors: (Wrestling Only)

- Your password is case sensitive and may contain a password that is a combination of lower case and upper case letters.
- To enter assessment data you will need three codes. An assessor login ID, an assessor password and the school password. The school password is only to be used for when you select a school from the drop down menu.
- An assessor does not need the school login ID. At no time, should an assessor ever need this code to login to the system.