

# TrackWrestling Responsibilities

## 1. TrackWrestling OPC Login Information

By now, you should have received an email from TrackWrestling which contains login information for the Optimal Performance Calculator (OPC). This is the system which calculates a wrestler's eligible weight class based on their initial body-fat assessment. If you have not received your login information, please check your junk/spam folder. If your email address is the same, you can also try the forgot password function on the OPC login page. If you still need assistance, click on the following link and scroll to the bottom of the page to submit a help ticket to TrackWrestling for this information. You will want to select "Season/Team Admin" as your role and "Logging In" as what you need assistance with. [TrackWrestling Ticket Link](#)

## 2. Schedule

Your schedule will need to be in the system in order to access and use all of the features of the TrackWrestling platform. Here are links for instructions of adding a single dual meet and a multiple dual meet or dual tournament.

[Adding a Single Dual Meet](#)

[Adding a Multiple Dual or Dual Tournament](#)

## 3. Recording Actual Weights

You are responsible for recording the actual weight class for each wrestler for that particular day of competition whether they wrestle or not in your TrackWrestling account. The recording of actual weights is necessary to generate an accurate pre-match weigh in form which must be presented at each weigh in. For a tutorial of how to enter actual weights, click on the following link. [Recording Actual Weights](#)

## 4. Pre-Match Weigh In Form

The pre-match weigh-in form will show you and your wrestlers the weight class that they are eligible for on that particular day based on their individual weight loss plan. Click on the following link to find a tutorial of how to generate a weigh-in form. [Generate Pre-Match Weigh In Form](#)

## 5. Giving Wrestlers Access to Their Own Weight Loss Plans

TrackWrestling has added a feature that enables a coach to give kids access to their own weight management plans without having to give them access to the whole program. You can give your wrestlers access to their own weight loss plans by following the instructions at the following link. [Access to Weight Loss Plans](#)

## 6. Recording Results of Your Matches

You will also need to record the results of each of your competitions in TrackWrestling. More and more of our regions are requiring results to be recorded in TrackWrestling in order to be considered for postseason seeding. Instructions for recording results for Dual Meets and Tournaments as well as a summary of all of the previous areas emphasized in this memo can be found in the Powerpoint at the following link. [TrackWrestling Coaches Tutorial](#)