

Instructions for preparing District V seeding forms

Select Weight Class and Prestige of wrestlers competing in Post-Season

1. Login to the OPC system and go to the competition entry screens (Page where you enter results).
2. Click on link that says select wrestlers for post-season competition
3. List of wrestlers will appear.
4. Click on the names of the wrestlers that will appear in the post season in the column titled will compete in post-season.
5. On the drop down menu, enter the weight class the wrestler will be competing at the district tournament.
6. From the drop down menu, select if the wrestler is a returning place finisher from last year. The prestige points for the wrestler will automatically calculate.
7. After making the selections, click on the save choices button at the top of the page.

How to view and update the Individual Season Wrestling Record Form to Complete Form A

1. Click on the individual season wrestling record form link.
2. A list of wrestlers for your institution will appear.
3. Click on the wrestler's season record form you would like to view.
4. After clicking on the wrestler, you will be taken to a grid page of all the wrestler's matches entered for the year.
5. You can view the data and ensure what wrestler's should appear on the season record form and be submitted to your qualifying tournaments.
6. In the column opponent's caliber, select from the drop down menu if the opponent was a returning place finisher from the district to state level.
7. After updating the season record form, click on the save choices button at the top of the page.
8. **DO NOT CLICK ON THE SEASON RECORD FORM AT THE TOP OF THE PAGE. THIS IS NOT THE CORRECT SEASON RECORD FORM FOR DISTRICT V.**

View District V Individual and Team Forms

1. In the competition entry screen, click on the link that says District V Form and Team Summary Form (This currently does not appear but will shortly)
2. You can print the report or click on the save button on the PDF tool bar to save to your computer

Contact to us

For more information, please visit the NWCA Optimal Performance Website at www.nwcaonline.com. For problems or questions please contact the NWCA office at 717-653-8009 or email at ptocci@nwca.cc.