

TAPPS Wrestling

MEMO: OPC Weight Management for 2008-2009

SITE: www.nwcaonline.com

Deadline: **21 SEP 2008**

All TAPPS schools that will be sponsoring JV and/or Varsity wrestling for Boys or Girls need to enroll for the OPC Weight Management Data.

Whether a school hosts a JV Team or Varsity; the NWCA requires all wrestlers to be accountable for a Minimum Weight Classification. The process is easy>

Step 1: www.nwcaonline.com

Step 2: Click on Join Now

Step 3: **PLEASE USE LINK BELOW IF YOU ARE REGISTERING FOR ACCESS FOR THE OPC WEIGHT MANAGEMENT PROGRAM**

[State High School OPC Access Registration:](#)

Step 4: Click on the State: Use NP as the code; "National Prep" *We are all considered a Prep School; not UIL

Please Note: National Prep schools should select 'NP' as their state while New England National Prep schools should select 'PN'.

Step 5: Enter your school from last year or the new school

Step 6: Payment of 30.00

Step 7: Receive your password for coaches / trainers

Step 8: Provide the NWCA the information for their office on your Licensed/Certified Trainer and/or Team Doctor that will conduct the skin folds (Coaches DO NOT conduct skin folds)

Step 9: Enter Data as the website is very friendly user

DONE!

Every wrestler should be enrolled and skin folded before their first In-season match

NOTE: If you have **ANY** questions on such input; do not hesitate to call:

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