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NATIONAL WRESTLING COACHES ASSOCIATION

To: Athletic Director
Fr: National Wrestling Coaches Association (NWCA)
Re: NDHSAA Weight Management Program
Date: October 12, 2011

We hope your new school year is off to a great start. We are excited to announce that the **North Dakota High School Activities Association (NDHSAA)** has again agreed to utilize our NWCA Optimal Performance Calculator™ (OPC) to administer the NFHS Wrestling Weight Management Program for the 2011-12 year.

Each school is assessed a \$30 registration fee to access the OPC program. The \$30 fee provides the following benefits: unlimited access for wrestlers, coaches, parents and assessors, complimentary NWCA membership for the head coach and unrestricted access to the modified all sports version of the OPC.

A highlight of our program is that it automatically assigns each wrestler to a unique password and login so they (and their parents) can view their individual assessment data and access the nutrition component of the *NWCA Optimal Performance Calculator™* independently of the coach or athletic trainer. The wrestler is able to develop a customized nutrition plan that will honor his/her weight loss plan.

For immediate access to the OPC program, we highly encourage you to register online using a credit card at www.nwcaonline.com/register/beginopcschoolreg.cfm. Upon payment you will receive an email including your school's access codes. **The access codes are also printed directly on the receipt which you may print out at the conclusion of the registration process.**

If you are unable to pay by credit card online, please complete the attached application and return with a check to the NWCA. The coach and/or athletic director will be sent the school access codes.

Please don't hesitate to call our office at 717-653-8009 or e-mail us at jgriffith@nwca.cc for further questions.

We appreciate your support of this program and together, we will position wrestling to represent the gold standard in sport nutrition.

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