Optimal Performance Calculator Assessor Instructions

How do I log into my season team?

Click here for a video on this topic.

- Go to http://www.trackwrestling.com
- Select 'Manage' from the menu bar
- Select 'Season Teams'
- Select your season and click the blue [Login] button
- Enter your username/password and click the > button or hit the 'Enter' key on your keyboard
- Update your account information if prompted

How can I edit my account information within a season?

- Log into your assessor account
- Click on MY ACCOUNT in the blue top menu
- Click on EDIT ACCOUNT
- Update necessary information and then click the [Save] button at the bottom of the page

  NOTE *- Some account information is locked and cannot be edited*

How to enter assessments?

Click here for a video on this topic.

***NOTE* - Some of the steps in this process will vary slightly.**

- Log in with your username and password
- **If you are an assessor:** click on the team you want to enter assessments for. **If you are a coach:** click 'Weight Management' in the grey menu.
- If you are adding to an existing transaction click on it and skip to step 5. Otherwise, click the [Add Transaction] button to create a new transaction.
- Select your name from the assessors list, enter the hydration tester if prompted and select 'Live' for the transaction mode. Click the [Add] button to be taken to the transaction.
- Click the [Add Assessment] button
- Select the wrestler from the drop down menu. If the wrestler is not in the list and there is a [New] button available next to the drop box, then use the [New] button to add them to the roster. Otherwise wrestlers will need to be added from the 'Roster' page.
- Check/edit the assessment date and answer the 'Passed Hydration' question or enter the 'Specific Gravity' value. Click the [Next] button.
- Select a measurement type if prompted and click [Next].
- Enter the measurement data and click the [Next] button. The data required on this page may vary.
- Review the assessment results. The results displayed may vary.
- **If you are entering assessments for another wrestler:** Click the [Next Wrestler] button. **If you are done adding assessments:** Click the [Finish] button.

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How does an assessor commit a transaction?

Click here for a video on this topic.

- Once you are finished entering assessments you will need to commit the transaction. By committing a transaction you are verifying that all of the information is correct on each assessment. Once a transaction has been committed you will no longer be able to add or make changes to the assessments.
- Click the [Commit] button and type 'commit' to sign off on the assessments in the transaction.

How can an assessor see their teams and transactions?

Click here for a video on this topic.

NOTE* - Some of these steps may vary slightly.

- Click MY ACCOUNT => My Teams to see any teams you can access. Click on a team to see a team's roster, transactions and assessments. If you do not see any teams then you have not been assigned yet.
- Click MY ACCOUNT => My Transactions to see your transactions. Click on a transaction to view assessments.

Who to Contact?

- If you have any questions or concerns please submit a ticket to TrackWrestling through the following link: http://www.trackwrestling.com/tw/tickets/CreateTicket