



Optimal Performance Calculator Huge Success

The NWCA is proud to announce that the National Collegiate Athletic Association (NCAA), National Association of Intercollegiate Athletics (NAIA), National Junior College Athletic Association (NJCAA), California Community College

Association (CCCCA), and the National Federation of State High School Associations (NFHS) have all approved the NWCA's web-based *Optimal Performance Calculator* program as a compliant method to administrate their respective mandated/recommended weight certification pro-

grams. All indications suggest that the NFHS will follow the NCAA lead and transform its current weight certification "recommendations" into mandated 64 rules as early as the 2005/06 year.

As a matter of background, the NCAA was the first to require a mandated weight