

Using Leading Edge Science to Determine an Optimal Weight Class

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"Optimal Performance Calculator? What the heck? How can you possibly measure optimal performance with a calculator? I don't remember seeing that button on my old Texas Instruments model. Fear not, the National Wrestling Coaches Association (NWCA) has the tool for the job and you do not even have to visit your school's math department to learn how to use it. It is an on-line calculator that allows you to input body composition measurements and receive a medically safe and effective weight loss plan for your wrestlers. The plan includes periodic target