

# Kicking Off Your Season

*Provided by the NSAA, the NWCA, & FloSports*

** FLOWRESTLING**



# IMPORTANT DATES IN THE NSAA WRESTLING SEASON

First assessment date: Monday November 6, 2023

Minimum wrestling weight deadline & last assessment date for girls: January 27, 2024

Minimum wrestling weight deadline & last assessment date for boys: February 3, 2024

Growth allowance date: December 25, 2023

Boys State Duals February 3, 2024

Girls Sub-Districts: February 3, 2024

Girls District Finals: February 9, 2024

Boys Districts: February 10, 2024

# KICKING OFF YOUR SEASON: YOUR ROSTER

-You will be sent your login directly from TrackWrestling. These logins go out once the NSAA gives the team list to TrackWrestling.

-Always start with importing your roster from last season

-Video Link: [How to Import Your Roster from last season](#)

-Then add new additions

-Video Link: [Adding New Wrestlers to your Roster](#)

# KICKING OFF YOUR SEASON: ASSESSMENTS

Assessor Practice Transactions: [How to Video](#)

Approving or Denying Weight Assessments: [How to Video](#)

Viewing a wrestler's Alpha Master: [How to Video](#)

RULES ON ADMINISTERING ASSESSMENTS LOCATED IN THE NSAA  
WRESTLING MANUAL: [Weight Management Guidelines](#)

# KICKING OFF YOUR SEASON: YOUR SCHEDULE

To Add a Dual Meet: [How to Video](#)

To Add an Individual Tournament: [How to Video](#)

To Add a Multi-Dual Event: [How to Video](#)

-Please note: Once you add a team to an event, it shows up on their schedule to “accept.” You can accept events versus adding a second one to avoid duplicate events and results.

Schedules must be entered in the NSAA system by November 16<sup>th</sup> and into Trackwrestling prior to the first competition.

# KICKING OFF YOUR SEASON: WEIGH-INS

Creating a Weigh-In Sheet: [How to Video](#)

Entering and Committing Weights: [How to Video](#)

# KICKING OFF YOUR SEASON: YOUR BENEFITS

**-LIVE Dual Meet scoring is FREE on TrackWrestling: [How to Video](#)**

**-All OPC Subscribers are also  
NWCA Members!**

**-Please go to  
[NWCAonline.com](https://www.nwcaonline.com),  
navigate to MEMBERSHIP  
in the top right and explore  
our members-only portal.**

**GOOD LUCK this season!**

