

FUELING THE WRESTLER: A guide to championship eating.

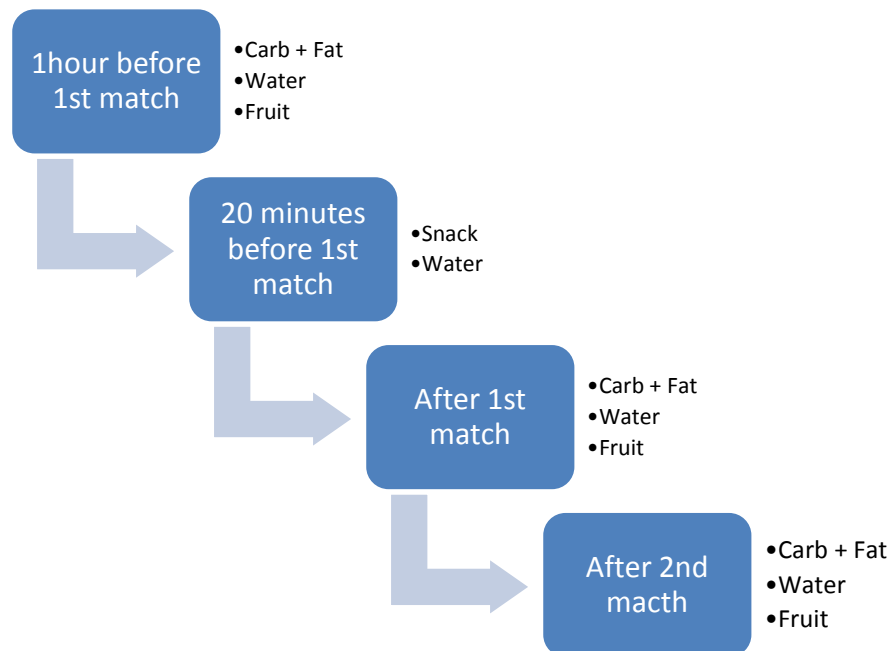


Eating the right way can make the difference between earning a close, last-second victory in a championship tournament and being on the losing end of a tight match. Wrestlers must maximize the energy they obtain throughout the day by eating the right foods and in the right amounts. There are a couple of guide lines that wrestlers should follow:

1. Drink water. Sports drinks are not the best choice. Energy drinks are a terrible idea.
2. If you want energy, then you should eat a combination of carbohydrates and fats.
3. Stay away from anything processed. If you had to take it out a wrapper to eat it, then it's a bad idea.

4. Stay away from greasy foods like pizza, burgers, hot dogs, meatballs or chili. These are things that are sold at tournament concession stands. **YOU DO NOT WANT TO EAT THESE FOODS BEFORE YOU WRESTLE!**
5. Do not over eat. You only need a small amount of food, but you should eat more frequently. It is better to eat 5-6 small meals throughout the day rather than 1-2 larger meals.

Your body gets the most energy from the carbohydrates that you eat. However your muscles prefer to get energy from fat. This is why it is important to fuel up on a combination of both carbohydrates and fats about an hour before you compete. There should also be a small amount of protein in your diet for the day. This will help your body to recover and heal. Don't have too much protein; it is difficult for your body to process and will actually make you feel tired. During the day, you will also be tempted to snack on some of the junk food that is available at tournament concession stands. Resist this temptation. 90% of the time that you think you are hungry during the day, is really your body looking for water. So make sure that you stay hydrated!



EATING DURING THE DAY OF COMPETITION

1. After the weigh-in, make sure to hydrate your body. Water is the best way to do this. Gatorade is good in very small amounts. It is best to mix water with any Gatorade you are taking in.

Sample Post Weigh-In Meal:

32 ounces of Water

Piece of Fruit

Bagel with Cream Cheese

2. After your warm up, take some water and a small snack to give you the extra fuel you will need for your match.

Sample Post Warm-Up Snack:

16 ounces of Water

Handful of Trail Mix

3. After your first match, take some water and eat again. Then you should detach from wrestling for about 30 minutes (GET HORIZONTAL!).

Sample Post Match Meal:

16 ounces of Water

Piece of Fruit

Peanut Butter and Jelly Sandwich

4. Continue this pattern until you are done for the day. If you have to make weight the following morning, try this meal for dinner.

Sample Weight Making Dinner:

16 ounces of Water

4 ounce Chicken Breast

1 cup of vegetables

1 piece of fruit

Sample Food Packing List for State Tournament

In your cooler:

1. 2 Bagels
2. 2-3 ounces of cream cheese
3. 4-5 peanut butter and jelly sandwiches
4. 2-3 cups of trail mix
5. 10-12 bottles of water
6. 8-10 pieces of fruit
7. Grilled or Baked Chicken Breast
8. 1 cup of cooked vegetables

Carbohydrates:

Bread

Bagels

Pasta

Vegetables

Fruits

Milk

Fats:

Cream Cheese

Peanut Butter

Cheese

Milk

Proteins:

Peanut Butter

Nuts

Turkey

Tuna

Eggs

Milk

