

North Wrestling Nutrition Guide

First let me say that it has never been proven that wrestling lighter equals more success despite the fact that it is a widely held belief. It is true that carrying extra fat will do nothing to improve your wrestling

Reason for this guide:

We have seen wrestlers in the past not fulfill their potential because they loose the “Battle with the Scale.” The real shame in this is that the entire fight can be avoided with discipline and the right attitude toward food. **FOOD IS FUEL!!!**

Commitment:

By choosing to be a member of the North Attleboro Varsity wrestling program, you have made a commitment to your team. You are telling us that you will remain academically eligible to be a member of the team (note: the semester ends shortly before tournament season). You are telling us that we will give 100% effort during competition AND training. You are telling us that you will maintain the weight class that you commit to. This guide is to help with the last of these commitments.

Length of commitment:

The wrestling season is approximately 3 months long. The nutritional guidelines set forth here will help you throughout your life. However, performing at optimum levels requires strict adherence for the next 100 or so days.

2 ways to loose weight:

There are 2 ways to loose weight. One is to burn fat and the other is to eliminate water from your system.

We strongly encourage you to burn fat. Over 5-7% body fat is merely excess tissue on the body, more weight for you to drag around.

Dehydrating will cause a decrease in your overall strength, endurance and concentration. Winning wrestling requires these. We like being successful.

Extreme dehydration will cause dry mouth, flushed skin, fatigue, headache, confusion, decreased perspiration, bright yellow urine, diarrhea, increased heart rate, passing out and possibly death. None of these will help our team.

Unacceptable practices:

Laxatives, diuretics, diet pills, steam rooms, saunas, plastic/rubber/wet suits and fasting are **NOT ALLOWED** for North Attleboro wrestlers.

What to do:

Stay Hydrated: On average an athlete should drink 80-96 ounces of fluid per day. This will ensure normal perspiration and urination. Maintaining proper fluid levels will help the body process the food you eat and flush out what is unnecessary. After weigh ins you should replenish 150% of any fluid loss. If you “cut” 2 pounds before weigh in you need to get 3 pounds of water back for optimal performance. Most sports drinks (the “ades”) do contain sodium (salt to help you retain the fluid you drink) and potassium that you lose through perspiration. However, they should be used in moderation. The levels of sodium, potassium and the preservatives in, as the example gives, 3 pounds of the “ades” is likely to upset your stomach.

Fuel up with quality Food:

Eat. You would not expect your car to run if you never put gas in the tank.

Eat right. There are 4 types of fuel/food: sugars, carbohydrates, proteins and fats. They are in that order because that is the order they burn in. Sugars will burn too hot and too fast. Carbohydrates should be the main source of fuel. Proteins are needed to maintain muscle mass and should be taken in small portions. Your body does require a small amount of fat but (like sugar) you will find that there is usually plenty in the other things you are eating. Stay with natural foods. They do not have the junk/chemicals that slow down the body’s processing.

Add an over the counter multivitamin (i.e. Centrum, One A Day)

Your diet should be:

Carbohydrates 55-60% of total calorie intake

 This is your high octane food

Proteins 10-15% of total calorie intake

 Your metabolism needs this and it will help you to not feel as hungry

Fats 20-30% of total calorie intake

 Makes things taste good but is slow burning—be careful, read labels

Reliable WWWeb sources: all have sample diet plans for wrestlers

www.nwcaonline.com the National Wrestling Coaches Association—hit the *Weight Management* button and select the *Scholastic Wrestling Edition* for a comprehensive streaming video

http://www.iahsaa.org/wp-content/uploads/2013/08/Taking_it_to_the_Mat_Nutrition_Booklet.pdf

Taking It To The Mat—A Wrestlers Guide to Optimal Performance