

North Wrestling Parents Nutrition Guide

First let me say that it has NEVER BEEN PROVEN that wrestling LIGHTER = 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:

As parents we all want the best for our children and hope they succeed at whatever they do. YOU CAN HELP!!! The coaching staff is committed to providing you with the information to do just that...Be part of the solution.

Start Today:

By the end of the season through hard work and discipline your child will be between 5 and 20 per cent body fat. This is the range that athletes work in. It is in your student-athlete's best interest that he come into the season as close to competition weight as possible. So here are some pre-season nutrition guidelines.

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 the burning 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 athlete's overall strength, endurance and concentration. Winning wrestling requires these. We like being successful.

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.

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 to be useful to an athlete.

Carbohydrates should be the main source of fuel.

Fruits and vegetables: EAT ALL YOU WANT. It will mean more trips to the grocer because they taste great fresh and not so hot a few days later. They also have a lot of natural sugars that burn slower than the refined sugars much like a carbohydrate. Stay with natural foods. They do not have the junk/chemicals that slow down the body's processing.

Proteins are needed to maintain muscle mass and should be taken in small portions (the size of your palm is a good rule).

Eliminate Fats: 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.

Read Labels: We live in America, we have men fighting all over the world to ensure that we have choices. There is almost always a low (or at least lower) fat alternative.

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

Intake Guidelines:

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

www.ncaa.org/champadmin/wrestling/mat Taking It To The Mat—A Wrestlers Guide to Optimal Performance