

2011-2012 Little Hawk Wrestling Handbook

GOALS FOR SEASON

Wrestler _____

MAIN POINTS TO CONSIDER PRIOR TO DETERMINING YOUR SHORT-TERM GOALS

1. Short-term goals are goals that you strive
2. You must have a step-by-step plan to achieve your goals.
3. Your goals need to be specific and easily measured.
4. Evaluate yourself and your abilities. Find out the areas you need to improve on to help you achieve your goals.
5. Update your goals regularly-when one goal is reached set another.
6. **IMPORTANT:** Many wrestlers have big dreams of their long-term goals but they really have no idea how to get there from where they are now.

INDIVIDUAL SHORT TERM GOALS

TIME FRAME-PLAN OF ACTION

(Rate each goal by priority, 1=Most Important)

- | | |
|----|----|
| 1. | 1. |
| 2. | 2. |
| 3. | 3. |
| 4. | 4. |
| 5. | 5. |

WHAT ONE OF YOUR GOALS WILL BE THE MOST DIFFICULT TO REACH AND WHY?

WHAT ARE THE MAJOR SACRIFICES YOU WILL NEED TO MAKE TO REACH YOUR GOALS?

- 1.
- 2.
- 3.
- 4.
- 5.

LIST A FEW PEOPLE THAT WILL HELP YOU STAY ON TASK TOWARDS OBTAINING YOUR GOALS.

- 1.
- 2.
- 3.
- 4.

WHAT ARE GOING TO BE THE BENEFITS WHEN YOU REACH YOUR GOALS?

TEAM GOALS: Goals that the entire team can share

- 1.
- 2.
- 3.

CRITERIA FOR A VARSITY LETTER

1. Represent City High in the District Tournament
2. Qualify for the State Tournament
3. Earn 150 competition points and wrestle in a minimum of ten varsity matches
Earn points by:
 - a. wrestling in a varsity match - 5 points
 - b. win by regular decision - 10 points
 - c. win by major decision - 15 points
 - d. win by technical fall - 20 points
 - e. win by a fall, default, or disqualification - 25 points
 - f. place in a varsity tournament - 35 points
 - g. win in a varsity tournament - 50 points
4. Complete the season in good standing, including the return of all inventoried equipment

Additional Guidelines for a Varsity Letter

- a. Byes are not included on the win record and do not contribute points toward a varsity letter
- b. Forfeits do not count as a varsity match wrestled. However, 10 points will be awarded towards a varsity letter. Forfeits do count on your record.

c. Any senior who has participated in our wrestling program for four years and is still short on varsity points earned will be awarded a varsity letter.

d. If at any time a qualified letter winner behaves in such a manner so as not to be a credit to himself or his team, he will not have the privilege of becoming a varsity letter winner. In the same respect, if a wrestler is short on points, but has at some time during the season brought fame to his team and school by performing in outstanding matches and proving himself to be championship caliber, he will be awarded extra points at the coach's discretion.

e. Every wrestler will have the responsibility of adding all points they earned during the season and reviewing them with the head coach.

JUNIOR VARSITY, SOPHOMORE, AND FRESHMAN AWARD REQUIREMENTS

1. Complete the season in good standing
2. Be recommended for a letter by coaches
3. Turn in all school equipment
4. Attend practice regularly

CRITERIA FOR END OF SEASON AWARDS*

Captains: Team votes for 3-4 individuals who will be the team captains for the following season.

Most Valuable Wrestler: Team vote

Most Improved Wrestler: Team vote

Most Falls: Determined by statistics on varsity level

Academic Awards: Determined by a Senior with the highest GPA

Coaches Award: Coaching staff will determine this award. Usually awarded to a junior or senior who contributed the most to the program. Commitment, dedication, and leadership during the season and off-season are a few of the attributes of this award.

Chester A. Pelsang II Award: Goes to a senior varsity wrestler. The highest placing senior at the state tournament automatically wins. If two seniors should both place the same and consequently be the highest placing seniors, then they both shall receive the award that particular year.

Most Valuable Freshman: Determined by the freshman coach

Most Valuable Sophomore: Determined by the sophomore coach

Most Valuable Junior Varsity: Determined by the J-V coach

*No awards will be given if all equipment has not been turned in to the head coach prior to the end of season banquet.

MID-SEASON GOALS

WRESTLER _____

This is the time of the season to really evaluate your practice and competition performances. Look at your early season goals and see what you have and have not accomplished.

DAILY GOALS

Things you want to accomplish at practice, areas you need to work on in the practice room. How can you get better?

1. _____
2. _____
3. _____
4. _____
5. _____

COMPETITION GOALS

Opponents that may stand in your way, tournaments that are coming up, etc.

1. _____
2. _____
3. _____
4. _____
5. _____

END OF SEASON GOALS

What do you want to accomplish? Be realistic with yourself. Can you qualify for State, can you be a State

placewinner, can you be a State Champ?

1. _____
2. _____
3. _____
4. _____
5. _____

RULES AND PROCEDURES

1. Conduct on trips
 - a. Athletes will be considered as "good will ambassadors" for City High School.
 - b. Wrestlers will conduct themselves as gentlemen at all times, both on and off the mat.
 - c. Show respect for the opposing school's equipment and facilities.
 - d. Dress appropriately for road trips.
2. Returning from out of town contests
 - a. Athletes will return from all out of town contests with their squads and by school transportation.
EXCEPTIONS - can be made by parents calling the coach in advance to explain the reasons for the request.
 - b. The team concept should always be paramount.
3. Procedure when leaving team
 - a. Notify the head coach.
 - b. Turn in all school gear the same day you drop.
4. Injury reports
 - a. Always report injuries to your coach right away.
 - b. The athletic trainer will fill out an injury report and submit it to both the athletic office and the principal's office.
5. Equipment
 - a. You are responsible for all equipment and gear you are issued. Any lost items and you will be required to pay for replacements.
 - b. Never leave uniforms or equipment lying around for any duration of time (showering, weigh-ins, etc).
 - c. All equipment will be returned when wrestler finishes the season. No awards will be given to any wrestler who fails to turn in all issued equipment at the end of the season.
 - d. School owned equipment is to be worn only at scheduled practices or meets unless otherwise specified by head coach.
 - e. Keep your hands off other people's gear. If your gear is damaged, see a coach.
6. No one is to be working out in the facility unless there is direct supervision by a coach.
7. No smoking, chewing, or drugs. (Alcohol is a drug.)
 - a. NO use of tobacco, alcoholic beverages, or controlled substances; you will have a set suspension if you are proven guilty of any violation. Don't put yourself in a situation that you will regret.
 - b. Don't let your team down.
8. Athletics are an integral part of the educational process. However, academics are number one. It is your responsibility to yourself and your team to do what you are capable of doing academically.
(See eligibility rules)

PREPARATION FOR MEETS

1. Weigh-ins
 - a. All wrestlers weigh in for all meets unless specified otherwise.
 - b. Weigh-ins for all dual meets will begin at 5:15 pm (One hour before the start of the JV competition)
 - c. Order of weigh-ins for meets:
All 103
All 112
Go in order through 275
 - d. It is your responsibility to make weight. Not making weight will not be tolerated.
2. Dress and Grooming
 - a. You are a representative of your team and school, so it is appropriate that you dress accordingly.

- b. Do not wear jeans that have rips, etc.
- c. Keep hair short as required by the state.
- c. Clip your nails.
- 3. Dress for Competition
 - a. Wear only school-issued equipment
- b. All wrestlers are issued warm-ups, singlets, team shirt, and team shorts for all meets and tournaments.
 - c. No hats unless they are City High Wrestling
- 4. During the Contest
 - a. No one is to leave the bench without permission.
 - b. Win or lose, the whole team will escort the teammate after his match from the edge of the mat to the chairs.
 - c. Wrestlers that are not competing should sit together in the bleachers as a team and support the wrestlers competing.
- 5. Home Meets
 - a. The coaching staff as well as the sophomore and junior varsity squads will set up for all home meets and tournaments. Set-up time will begin between 4:45-5:00 pm. Coaches will specify time.
 - b. After the meet, EVERYONE will help put the mats away. If you do not help, you will get to do some extra conditioning at the next practice.
- 6. On the night prior to competition, be home by 9:00 pm! Need proper rest/sleep in order to compete at your best.
- 7. Miscellaneous
 - a. Don't complain to anyone in the locker room. See your coach.
 - b. Never sit during practice unless technique is being demonstrated.
 - c. No displays of frustration will be permitted during practice or competition such as headgear throwing, swearing, etc.
 - d. Only personal radios or headphones will be permitted in the locker room on days of duals and tournaments and on team busses when on trips.
 - e. Keep your parents and families informed of your schedules.
 - f. Do not drive recklessly or speed in parking lots - accidents can happen. First offense will bring a warning, the second a phone call to your parents.
 - g. You must be out of the locker room at a designated time.
 - h. Keep your hands off bulletin boards.
 - i. No spitting anywhere in the locker room or building. Be kind and considerate of others (custodians).
 - j. Don't always be the last to the wrestling room; don't always be the first out of the wrestling room.
 - k. Say "please" and "thank you." Be courteous, especially to team managers, coaches, teachers, and parents.
 - l. If you need tape, get to the training room early. Do not keep tape in your locker.
 - m. Be extremely careful about what you say to the media - if in doubt, ask the reporter to check with me before it goes to the printer.

OTHER FACTORS OF GOAL-SETTING

DREAMS

- All goals start out as dreams
- Your DREAMS can be your reality if you work at it.

SET GOAL

- GOAL**-something that is more important to you than the time and effort it takes to reach it.
- ONE MAJOR GOAL**-be specific
- WRITE IT DOWN**-one sentence if possible
- GET EXCITED** about your goal

REWARDS

- MAKE A LIST** of the rewards or benefits of reaching your goal.
- THESE** are what will motivate you.
- WHAT** are you willing to give up to enjoy these benefits and rewards?

METHOD TO REACH GOAL ...this is where we can help!

- THINK** about and **ASK** many others what you need to do to reach your goal.
- THINK** about the rewards of success, not the penalties of failure.
- FOCUS** on the objective (goal), not the obstacles.
- FIGURE** a way around the obstacles.
- MAKE** a detailed plan and an outline to reach your goals.
- IF** you can say what you want, you can learn how to get it.

COMMITMENT

- YOU** must make a big commitment to what you want.
- SET** a big enough goal so you make the commitment.
- YOU** must have a **BURNING DESIRE** to reach your goal.

FOLLOW THE METHOD RELIGIOUSLY

- OTHER** interests are **OK** until they compete with your goal.
- EACH** of you can become exactly what you want to become if you want it **BADLY ENOUGH**.

AFFIRMATIONS

- MAKE** positive one sentence statements as if you have already reached your goal.
- READ** these sentences 3 or more times daily.
- BELIEVE** you will reach your goal.
- VISUALIZE** the achievement of your goal in your mind.

Have a dream, set several goals, and make a commitment to the goals you really want. Ask a lot of questions of many people about how to reach those goals. Make a plan and an outline to reach all of your goals. Follow your plan religiously. Make up your mind to do the best you can now so you don't look back in a month, a year, of five years and wish you had worked harder.

Make up your mind now (as you make decisions) that you will be happy with your choices. Also, make up your mind what sport, career, or field you want to be in now so that you don't look back in a year, five years, or ten years and wish you would have pursued something different.

KEY QUOTE ON GOAL-SETTING

You have to set a goal so that you know where you are going. For if you don't know where you are going, how are you going to know when you get there?

Summary of Scoring

Individual Match

TAKEDOWN.....	2 points
ESCAPE.....	3 points
REVERSAL.....	2 points
NEAR FALL.....	2 or 3 points

Dual Meet

FALL.....	6 points	TECHNICAL FALL.....	5 points
FORFEIT.....	6 points	MAJOR DECISION (8-14)....	4 points
DEFAULT.....	6 points	REGULAR DECISION.....	3 points
DISQUALIFICATION.....	6 points		

Tournament Team Scoring

	FOUR PLACES	SIX PLACES	EIGHT PLACES
1	14 pts	16 pts	16 pts
2	10 pts	12 pts	12 pts
3	7 pts	9 pts	9 pts
4	4 pts	7 pts	7 pts

5	--	5 pts	5 pts
6	--	3 pts	3 pts
7	--	--	2 pts
8	--	--	1 pt
FALL.....	2 pts	TECHNICAL FALL.....	1.5 pts
DEFAULT.....	2 pts	MAJOR DECISION.....	1 pt
FORFEIT.....	2 pts	BYE FOLLOWED BY A WIN...	
DISQUALIFICATION..	2 pts	(CHAMPIONSHIP BRACKET)...	2 pts
		(CONSOLATION BRACKET)....	1 pt

ADVANCEMENT

CHAMPIONSHIP BRACKET.....2 pts
 CONSOLATION BRACKET.....1 pt

OTHER ASPECTS OF OUR PROGRAM

VIDEO TAPING

1. Any individual who competes on the varsity level will be issued a tape.
 All of your matches will be recorded on your individual tape. This is a great way to evaluate your strengths and weaknesses.
2. During specific times of the season, the coaches will evaluate your technique, conditioning, etc. by viewing parts of your tape with you. You should study your tape after every competition on your own.

STATISTICS

This is another method that will enable you and your coaches to see what your strengths and weaknesses are. Stats will be posted in the wrestling room on a weekly basis.

GUTS CLUB

1. You remain a member as long as you make all of our scheduled practices and competitions.
2. Once you miss a practice or meet, for whatever reason, you are out of the club.
3. If you are unable to wrestle during practice because of some type of injury, you may still remain in the club if you do some type of workout approved by the coach.
4. Any time you leave early or come late, you will be taken out of the club.
5. At the conclusion of the season, you will get a free meal on Coach Smith if you are still a member.

HOLIDAY PARTY

During winter break all wrestlers are invited to Coach Smith's home for a team pot-luck. All wrestlers will bring a covered dish and table servings. Drinks will be provided by the coaching staff. Two separate gatherings will be necessary because of space with 9th & 10th graders at one time and upperclassmen another.

CAPTAINS

At the conclusion of the season, team members will choose 3-4 captains for the following season. These captains will provide leadership and encouragement both in and out of the season. The captains will be given some important responsibilities during the season as well as input into the program.

LITTLE HAWK OF THE WEEK

At the conclusion of each week the captains will choose two wrestlers who exemplify the qualities of a champion through their hard work during practice and effort in competition. One of the wrestlers will be a freshman or sophomore and the other will be a junior or senior. Wrestling awards will be given to the wrestlers chosen on a weekly basis.

TEAM POSTER

Every season we come up with a team theme which will be represented by a Team Poster. Returning lettermen are automatically included in the poster.

Lettermen are also responsible for getting donations from certain businesses to help defray the cost. Posters are a great promotion for our program.

GOOD HEALTH PRACTICES FOR WRESTLING AND PREVENTION OF INJURIES

1. Put on your wrestling shoes after you enter the wrestling room. This will help reduce excess dirt and bacteria from entering the room. If you leave the room, always wipe off your shoes before coming back in.
2. Guidelines to reduce the incidence of skin conditions:
 - a. Wrestling mats are cleaned with a disinfectant cleaner at least once a day.
 - b. Launder towels, practice gear, and uniforms after each use. Wrestlers are not allowed in the wrestling room without clean practice gear!
 - c. Wipe headgear and shoes with a disinfectant cleaner after each practice.
 - d. Wrestlers are never to share towels or any items of practice gear.
 - e. Each wrestler showers after practice and use a disinfectant soap. Dial soap is effective against bacteria, viruses, and fungi. Wrestlers should not share bars of soap.
3. Get proper nutrition on a daily basis. Even when you are dropping weight, it is important to eat foods that have nutritional value.
4. No jewelry of any kind shall be worn during practice.
5. Get an adequate amount of rest.
6. Find ways to cope with stress.
7. Never share eating utensils, water bottles, cups, toothbrushes, etc.
8. Maintain good personal hygiene
9. Trim your fingernails weekly
10. If you suspect you are coming down with some type of skin infection or illness, let one of the coaches know immediately. By not getting the problem taken care of, the risk of spreading it to your teammates is greatly increased.
11. Always wrap or cover up any open cut before competition or practice.
12. The most common injuries occurring in wrestling are mat burns, boils, impetigo, cauliflower ears, strains and sprains.
 - a. In early season workouts, cover the knees, elbows, and shoulders until the skin toughens.
 - b. Body and equipment cleanliness help prevent and cure skin infections.
 - c. Cauliflower ears may be prevented by wearing protective headgear.
13. Good physical condition represents the greatest factor in preventing injuries.
14. A wrestler should never engage in matches or practice against full resistance until he is thoroughly warmed up.
15. Dress warmly and wear a cap, especially when going out of doors after a shower.

CITY HIGH WRESTLING REGULATIONS

Practice Sessions

1. Be at practice on time, dressed and on the mats by 3:45. If you are late, you will be taken off "Guts Club."
2. If you are in school anytime during the day, you must come to practice or contact Coach Smith personally beforehand. Otherwise it will be unexcused. Do not miss school on the day of a meet. You should attend all classes everyday. After all Thursday meets, you must be at your first scheduled class on Friday or you will not be able to practice that day.

NO NOTES OR TELLING MANAGERS OR OTHER WRESTLERS THAT YOU WILL NOT BE AT PRACTICE.

3. Any wrestler who is habitually late will be dropped from the squad or will not be able to wrestle-off.

4. Once you have missed three practices and have no legitimate excuse, you will be dismissed from the team. Phone your Coach before a practice is missed.
5. See Coach Smith if you get ill during the day. Calls will be made to your home daily if you are not at practice.
6. Anyone who has an injury should report it immediately. These need to be taken care of as possible in order to keep you active. Do not, however, go to the trainer for every owie that you receive. There are some bumps and bruises that you have to learn to live with.
Always put ice on all injuries for the first 48 hours.
7. Throw all tape in the wastebasket when finished, not on the floor for someone else to pick up.
8. Always wear headgear in wrestle-offs and during practice when going live.
9. Always wear socks to practice.
10. Wash your work-out clothes daily.
11. Never leave the room without first asking one of the coaches.
12. Wrestlers not at practice the week of an event (regardless of the reason for the absence) will jeopardize their chances to participate in that week's dual meet(s) and/or tournament.
13. After school detention (ASD) should be made up on meet days only. This way you will not miss a practice.
14. Profanity will not be tolerated. Additional conditioning will be done at the end of practice.
15. Always weigh-in and weigh-out at each practice. A chart will be provided by the scale that all wrestlers need to fill in daily. This weigh-in chart is also used for attendance.
16. Monthly practice schedules will be posted in the wrestling room and can be obtained from Coach Smith if you want one of your own. This schedule will include practice times, competition, and special events. Practice schedule will also be included in our Website.
17. Morning workouts will be called by Coach Smith if he feels necessary. Coach Smith will open up the wrestling room and weight room daily if individuals want to come in for extra work. Prior to the District wrestling tournament, the varsity will come in two-three times weekly. Running, weight training, and special techniques sessions will be held.
District training and preparation will begin approximately three weeks prior to the tournament. Morning workouts start between 6:30-7:00 AM. If a called workout is missed by a wrestler, he will do extra running and make up the same workout after the regular afternoon practice.

Practice Information

Practice is the most important aspect of our program. Your goal should be to make every practice. To be a champion you must get the most out of every workout. Leave the room everyday knowing you have given 100% and you will reach your goals.

If you need to miss practice because of family reasons, talk to Coach Smith and bring a note. Always schedule doctor's appointments at appropriate times.

If you miss practice for medical reasons, bring a note to the next practice. You will not have to make up a practice for a medical excuse.

Late to Practice & Not Setting Up For Home Meets or Tournaments

1. 1st time late - 25 wall sprints
2. 2nd time late - 50 wall sprints
3. 3rd time late - miss one meet
4. 4th time late - miss two meets
5. 5th time late - dismissal from team

Missing Practice

1. Medical excuse - ill - no penalty
2. Unexcused
 - a. 1st unexcused practice, you will sit out one meet.
 - b. 2nd unexcused practice, you will sit out two meets.
 - c. 3rd unexcused practice, you will be dismissed from team.

WRESTLE-OFF REGULATIONS

1. All wrestlers will be ranked according to varsity experience and year in school.
2. Wrestlers must be within six (6) pounds of the weight class in order to wrestle-off. The weight allowance may be less depending on how close the wrestle-off is to our next competition.

3. No wrestle-offs will be run the day before competition unless absolutely necessary.
4. Varsity wrestle-offs will be the best two out of three unless the first match between the two is by a major decision, technical fall, or a fall.
5. Ask a coach when you want to try out for a particular spot.
6. The varsity man will retain his position until he either forfeits his position or is defeated 2 out of 3 by another wrestler.
7. Every wrestler has an equal opportunity to make the varsity team.
8. There may be times when the coach will make the decision as to who is to wrestle regardless of the wrestle-offs. This is to help not only the team, but individuals as well.

CRITERIA FOR INITIAL RANKING

1. Varsity experience
2. Returning letterman
3. Returning lettermen points
4. Wrestled last season
5. Year in school

STRENGTH TRAINING FOR WRESTLING

- I. Purpose of Strength Training for Wrestling
 - a. to strengthen muscles
 - b. to achieve muscular and cardiovascular endurance
 - c. to prevent and rehabilitate injuries
 - d. to develop explosion, endurance, and speed
 - e. confidence
 - f. flexibility
- II. Misconceptions
 - a. Wrestling practice and competition will maintain strength in-season because of hard practices, running, and weight loss.
 - b. You cannot lift weights and gain strength without gaining weight.
 1. proper diet
 2. the right work-out
 - c. You become muscle-bound and lose flexibility
 1. proper warm-up
 2. stretching before and after weight workout
 3. Do not just weight train in the off-season, but run, wrestle, get involved in other sports.
- III. Making Gains
 - a. Intensity is the most important aspect.
 1. Work hard and fast as this will help endurance. (Off-season and slow-paced)
 2. Be consistent – do not miss workouts.
 3. Everyone responds differently – do not get discouraged.
 - b. Strength is not good for a wrestler without endurance.
 - c. Proper technique is important.
 1. Need full range of motion
 2. Cheating shortens muscles, decreases flexibility
 - d. All weight training is good, so use what is available.
 1. Universal, free weights, dumbbells, nautilus – also, incorporate air dyne bikes, etc.
 2. Vary workouts to work muscles from all angles.
 - IV. Weight Training Methods
 - a. Space workouts-early morning is best. You need at least 5 hours recuperation time before wrestling practice.
 - b. Never train the same muscle group two days in a row. Work the same muscle group until complete

unless circuit training.

- c. Muscle groups: chest, back, arms, shoulders, legs
1. Need a well-rounded program that includes everything
2. Arms, back, and legs are most important for wrestling because of constantly pulling in and leg drive.
 - d. Superset -going from one exercise to the next with no rest on the same muscle group -used in-season
 - e. Circuit training -go from one exercise to another by time or reps.
 - f. Buddy system -have a partner or coach push you through the workouts.
 - g. Forced reps and negatives -partner helps with reps after muscle failure, then helps with negatives.
- V. In Season
 - a. Hard and fast (speed and explosions)
 1. Use supersets -2-3 exercises per body part
 2. Need 48 hours rest before big competition
 - b. Circuit training -used before tournament and with the team. Mostly conditioning 15-20 exercises, 60% of maximum combined with running.
- VI. Off-Season
 - a. 3-5 times per week -80-90% of max -heavy, slower, more power movements
 - b. Emphasizes strength gain -more rest between sets
 - c. May split up body parts for work-outs (split routine)
- VII. Injured Wrestlers
 - a. Should weight train -work around injury.
 - b. Rehabilitate -work one leg, one arm, etc. This will help injured side as well.
- VIII. Other Aspects for In-Season Weight Training
 - a. Lift at least two times per week. When break in competition, lift 3 days per week.
 - b. Most programs should include 8 to 12 exercises.
 - c. 30-40 minutes is efficient time for lifting if done with Intensity.

WEIGHT CONTROL FOR WRESTLERS

Key Points

1. Avoid eating foods that contain high salt, especially 72 hours prior to weigh-ins. Foods high in salt content retain extra water causing you to weigh heavier.
2. Discipline is a key factor in losing weight. Weight cutting is a mental attitude. Accept it as a challenge.
3. Weight training during dieting helps maintain strength.
4. Candy bars, sugars, etc. are not quick energy foods. The energy an athlete uses during competition comes from food eaten days and even week's prior to competition.
5. Energy supply for competition
 - a. Eat proteins up to one day before competing. Proteins maintain body tissue, but remain in stomach and cause indigestion, etc.
 - b. Eat foods high in carbohydrates one day prior to competition and the day of competing.
 1. Cereals, breads, pasta, muffins, pancakes, rolls, and other grain products are good sources of carbohydrates.
 2. Fruits and vegetables are also good.
 - c. Take food in slowly no matter what the amount.
 - d. Drink more than you eat up to two days before competition.
 - e. Only restrict fluids one day prior to competition.
 - f. After weigh-ins, drink first, then eat carbohydrates.
 - g. Enter competition with small amounts of food in your stomach. This allows your diaphragm to descend as far as possible.
 - h. Eat foods you are familiar with on days of competition. Don't eat anything new.
 - i. A light pre-match meal is recommended 3-4 hours prior to competition. Should not be full at time of competition. Have enough to satisfy your hunger.

- j. After weigh-ins, replenish lost fluids.
- 1. Drink plenty of water.
- 2. Tomato juice is also highly recommended with orange juice being next.
 - k. On the night before weigh-ins, you should be no more than 1 to 1 1/2 pounds over by bedtime, and this weight will be lost naturally overnight.
- 6. Carbohydrates
 - a. Provide 1/2 or more of the calories (energy) in a wrestler's diet
 - b. Very efficient source of energy for athletes
 - c. Provide most of the calories in the pre-competition meal
 - d. Some foods that are high in carbohydrates: fruit juices, toast, pancakes, sandwiches, soup, oranges, bananas, cooked vegetables, rice, spaghetti, skim or low-fat milk.
- 7. Body Fat
 - a. Accumulation of excess calories (extra weight)
 - b. Can only be eliminated slowly and properly. Best formula to lose weight is to decrease calorie intake and increase physical activity
 - c. Hardest weight to lose
 - d. Used too slowly by body to be useful during a match
 - e. By losing body fat in proper manner, you will be able to achieve peak condition and make weight easier.
 - f. Omit junk foods and fried foods from your diet.
 - g. Lose body fat gradually, no more than 2-3 pounds per week.
 - h. Recommended body fat is 7 per cent.
 - i. Excess storage fat can impair athletic performance.
- 8. Body Fluid
 - a. Not excess weight – should not rely on water as a main source of weight loss
 - b. Daily water consumption is a must.
 - c. Easiest weight to lose since your body is made up of 60-70 per cent water.
 - d. Drink water regularly until 24-36 hours prior to weigh-ins so that you can continue to sweat and avoid dehydration.
 - e. Continuous restriction of water intake will eventually lead to dehydration.
 - 1. Weakness
 - 2. Lack of muscular coordination
 - 3. Stress
 - 4. Lack of mental alertness
- 9. Short Term Starvation
 - a. Wrestlers will have to use all stored “quick energy.” Muscles can't work to maximum.
 - b. Nerves are deprived of fuel, oxygen
 - c. Deprives the body of protein
 - d. Low blood sugar can lead to feelings of inadequacy
 - e. If you place too much emphasis on scale weight, you will use dehydration and short term starvation to make weight.
- 10. A Healthy Diet
 - a. Must include foods from all four food groups every day.
 - 1. Milk and milk products—calcium, riboflavin, protein (milk, cheese, ice cream, other dairy products)
 - 2. Fruits and vegetables, including fruit juices—vitamins A & C, carbohydrates
 - 3. Meat group—protein, thiamin, iron (red meat, poultry, fish, and eggs)
 - 4. Grain—carbohydrates, fiber, iron, niacin, thiamin (oats, rice, wheat, bread, cereal, pasta)
 - b. Vitamins are not necessary if you are on a balanced diet.
 - c. Most important meal of the day is breakfast.
 - d. Stay away from solid foods before bedtime.
 - e. Counteract the tendency to overeat on weekends and vacations.
 - f. Several small meals daily are preferred to 2-3 large meals.
 - g. You shouldn't drop below 1800-2000 calories per day.

1. No snacks or desserts
2. Eat slightly smaller than average servings at mealtime.
 - h. In order to lose one pound, you must burn up 3500 more calories than you take in.
 - i. Maintain weight throughout the season. Try to weigh in the next day as you weighed out the day before.
11. Why Lose Weight?
 - a. Enhances efficiency
 - b. Competitive edge (maximum strength at minimum weight)
12. Criteria for Weight Loss
 - a. Are you maintaining strength or is it deteriorating?
 - b. Are you maintaining your speed and quickness?
 - c. Do you score as well at the end of a match as at the beginning?
 - d. Do you feel lethargic and inattentive in class, at practice, or at home? Are your grades dropping?