

Roosevelt High School
Rough Rider Wrestling



STRENGTH and CONDITIONING PROGRAM

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Introduction of Philosophy and Training

Rough Rider Wrestling is a full contact sport that requires the use of constant moving. This sport is also an individual sport that requires the athlete to use their strength, quickness, agility, flexibility and power.

A successful wrestler is one that has prepared themselves not just mentally and with skill but by completing an effective workout program.

Our goal is to have each athlete wrestle at their maximal potential. The athletes will accomplish this by not just learning the skills required to wrestle but also by developing other necessary components.

Each athlete will be responsible to complete their workout program. Not only will each wrestler be responsible to complete the workout but they will also be responsible to complete the charts provided.

Each wrestler will understand the improvements they have accomplished through the completion of these charts. They will also see how these improvements from the workout program will help them become a better athlete.



Performance Pyramid

Objective: Success

Training: Physical , Mental

Game: Execution , Effort , Skill

Squad: Team , Confidence , Unity , Cooperation

Conditioning: Running , Stretching , Resting , Lifting , Nutrition

Reflection: Attitude , Attention , Discipline , Development , Dedication , Learning

Character Traits

Our character traits are based on a Reflection from wrestler themselves.

REFLECTION

1. Attitude- the athlete's attitude must always be in a positive manner to help improve them self and the team
2. Attention- providing the amount of awareness each wrestler provides will determine the success they will have
3. Discipline- each wrestler must have total mental and physical control of them self
4. Development- growth must increase with their body and mind
5. Dedication- all wrestlers must commit them self to the team and self
6. Learning- all wrestlers will educate them self through the development of the strength and skill

CONDITIONING

The following components are part of the conditioning program for Roosevelt Wrestling: Education of, Running, Rest, Lifting, Stretching and Nutrition. To achieve maximum performance, each wrestler will achieve the best possibility for success and reduce the risk of injury. They will accomplish this by completing each component of the workout program.

SQUAD

In order for a team to achieve success, each athlete must endure responsibility. By conceding to the team, having unity, developing confidence and cooperation for themselves and the team, all will work together. When all work together, they will become a "family".

GAME

Execution, Skill and Effort are the means for game time. Wrestlers had worked in the off season as well as during the season. This is the time to show their hard work.

TRAINING

In order to achieve true success, all athletes must prepare for not only the physical aspect but the mental.

OBJECTIVE

The main objective is to accomplish success. This may be achieved through winning a match in a team meet or through a tournament. Individual accomplishment could be through demonstrating a new offensive skill they have learned in a match. However, the main goal is not just to have individual accomplishments but to also have completed the main goal- to win.

Annual Plan with Yearly Timetable

<u>MONTH</u>	<u>PERIOD</u>	<u>PHASE</u>
JANUARY	In-Season	Maintenance
FEBRUARY	City/State Championship	Maintenance
MARCH	Transition	Active Rest
APRIL	Transition	Active Rest
MAY	Off-season	Base
JUNE	Off-season	Developmental
JULY	Off-season	Base
AUGUST	Off-season	Developmental
SEPTEMBER	Off-season	Base
OCTOBER	Transition	Contact
NOVEMBER	In-Season	Maintenance
DECEMBER	In-Season	Maintenance

Weekly Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lift	Lift	Running Program	Lift	Lift	Running Program	Rest

WEIGHT PROGRAM

The lifting program the Riders Wrestling team will have a twenty week percentage based program for the four core lifts. The core lifts are Bench Press, Behind the Head Seated Military Press, Power Cleans, and the Squat. The coaching staff has also included the Auxiliary Lifts, repetitions and sets. The success of this program is dependent upon all players doing what we have listed. **Doing more than what is included in the lifting program is not beneficial!** By doing more, an athlete will over-train and not reap the maximum benefits of the off season training program.

The twenty week program is broken down into five different parts: First Quarter, Second Quarter, Third Quarter, Fourth Quarter, and Overtime. Each part of the program has different phases of weights, sets, and repetitions which will work all parts of muscle growth, as well as power, strength, and endurance. To be able to start the program, a one repetition maximum on the four core lifts is necessary.

**If you ever achieve all of the repetitions in every set before the weeks in the phase are over, add five pounds to every set the next time the lift is scheduled. For example, if you were supposed to do 4x12 at 185 lbs. on the Bench Press for the entire three week period in the first quarter, and you did all the repetition in every set the first time, the next time you bench, you would add five pounds to every set. Repeat this every time you get every repetition in every set. You may end up doing 15-20 lb. more than you originally were supposed to so. This means that you are getting stronger!

** If you ever go up in weight before the quarter is over, when starting the next quarter, you will have to determine the new maximum lift. This is done with the percentage table. For example, if during the 1st quarter you were supposed to Bench 4x12 at 185 lbs. and by the end of the quarter you were doing 200 lbs. look up the new lifting weights on the weight chart. That will be the new maximum lift for the second quarter.

AUXILIARY LIFTS

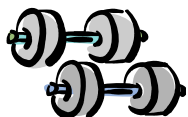
The coaching staff has chosen Auxiliary lifts for the program. These lifts are best fit to the core program. Do not do any more exercises, repetitions or sets than what is outlined. This will defeat the purpose. You will over work. See the following pages for the auxiliary lifts schedule for each day of the program.

THE CORE LIFTING PROGRAM

PHASE	WEEK	SETS	REPETITIONS	PERCENTAGE
1 ST QUARTER	3	4	12	60%
2 ND QUARTER	3	4	8	70%
3 RD QUARTER	3	5	5	85%
4 TH QUARTER	3	3	5	90%
OVERTIME	1	2	3	95%

*** Determine percentage of maximum lift by using the percentage table given on the following pages.

ROUGH RIDERS LIFTING SCHEDULE



**SEE CORE PROGRAM FOR PERCENTAGES ON “QUARTER” LIFTS

**SEE WARM UP SCHEDULE REGARDING WARM UP ACTIVITIES FOR EACH QUARTER

1ST QUARTER

Monday		Tuesday		Thursday		Friday	
<i>Warmup</i>		<i>Warmup</i>		<i>Warmup</i>		<i>Warmup</i>	
Exercise	Set/Reps	Exercise	Set/Reps	Exercise	Set/Reps	Exercise	Set/Reps
Squats	4x12	Bench	4x12	Squats	4x12	Bench	4x12
Military	4x12	Power Cleans	4x12	Military	4x12	Power Cleans	4x12
Leg Curls	4x12	Incline Press	4x12	Leg Curls	4x12	Incline Press	4x12
Lat Pulldown	4x12	Dumbbell Curls	4x12	Lat Pulldown	4x12	Dumbbell Curls	4x12
Lat Raises	4x12	Neck	4x12	Dips	4-Failure	Neck	4x12
Calf Raises	4-failure	Leg Press	4x12	Shrugs	4x12	Bar Curls	4x12
Close Bench	4x12			Calf Raises	4-failure		
				Close Bench	4x12		

2ND QUARTER

Monday		Tuesday		Thursday		Friday	
<i>Warmup</i>		<i>Warmup</i>		<i>Warmup</i>		<i>Warmup</i>	
Exercise	Set/Reps	Exercise	Set/Reps	Exercise	Set/Reps	Exercise	Set/Reps
Squats	4x8	Bench	4x8	Squats	4x8	Bench	4x8
Military	4x8	Power Cleans	4x8	Military	4x8	Power Cleans	4x8
Leg Curls	4x8	Incline Press	4x8	Leg Curls	4x8	Incline Press	4x8
Lat Pulldown	4x8	Dumbbell Curls	4x8	Lat Pulldown	4x8	Dumbbell Curls	4x8
Lat Raises	4x8	Neck	4x8	Dips	4-Failure	Neck	4x8
Calf Raises	4-failure	Leg Press	4x8	Shrugs	4x8	Bar Curls	4x8
Close Bench	4x8			Calf Raises	4-failure		
				Close Bench	4x8		

3rd QUARTER

Monday
Warmup

Exercise	Set/Reps
Squats	5x5
Military	5x5
Leg Curls	5x5
Lat Pulldown	5x5
Lat Raises	5x5
Calf Raises	5-failure
Close Bench	5x5

Tuesday
Warmup

Exercise	Set/Reps
Bench	5x5
Power Cleans	5x5
Incline Press	5x5
Dumbbell Curls	5x5
Neck	5x5
Leg Press	5x5

Thursday
Warmup

Exercise	Set/Reps
Squats	5x5
Military	5x5
Leg Curls	5x5
Lat Pulldown	5x5
Dips	5-Failure
Shrugs	5x5
Calf Raises	5-failure
Close Bench	5x5

Friday
Warmup

Exercise	Set/Reps
Bench	5x5
Power Cleans	5x5
Incline Press	5x5
Dumbbell Curls	5x5
Neck	5x5
Bar Curls	5x5

4th QUARTER

Monday
Warmup

Exercise	Set/Reps
Squats	3x5
Military	3x5
Leg Curls	3x5
Lat Pulldown	3x5
Lat Raises	3x5
Calf Raises	3-failure
Close Bench	3x5

Tuesday
Warmup

Exercise	Set/Reps
Bench	3x5
Power Cleans	3x5
Incline Press	3x5
Dumbbell Curls	3x5
Neck	3x5
Leg Press	3x5

Thursday
Warmup

Exercise	Set/Reps
Squats	3x5
Military	3x5
Leg Curls	3x5
Lat Pulldown	3x5
Dips	3-Failure
Shrugs	3x5
Calf Raises	3-failure
Close Bench	3x5

Friday
Warmup

Exercise	Set/Reps
Bench	3x5
Power Cleans	3x5
Incline Press	3x5
Dumbbell Curls	3x5
Neck	3x5
Bar Curls	3x5

Overtime

Monday
Warmup

Exercise	Set/Reps
Squats	2x3
Military	2x3
Leg Curls	2x3
Lat Pulldown	2x3
Lat Raises	2x3
Calf Raises	2-failure
Close Bench	2x3

Tuesday
Warmup

Exercise	Set/Reps
Bench	2x3
Power Cleans	2x3
Incline Press	2x3
Dumbbell Curls	2x3
Neck	2x3
Leg Press	2x3

Thursday
Warmup

Exercise	Set/Reps
Squats	2x3
Military	2x3
Leg Curls	2x3
Lat Pulldown	2x3
Dips	2-Failure
Shrugs	2x3
Calf Raises	2-failure
Close Bench	2x3

Friday
Warmup

Exercise	Set/Reps
Bench	2x3
Power Cleans	2x3
Incline Press	2x3
Dumbbell Curls	2x3
Neck	2x3
Bar Curls	2x3

Weight Training Percentage Table

Weights (in lbs.)	Percentages											
	40%	45%	50%	55%	60%	65%	70%	75%	80%	85%	90%	95%
50	20	20	25	30	30	35	35	40	40	45	45	45
60	25	30	30	35	35	40	40	45	50	55	55	55
70	30	35	35	40	40	50	50	55	55	60	60	65
80	30	35	40	45	50	50	55	60	65	70	70	75
90	35	40	45	50	55	60	65	65	70	75	75	80
100	40	45	50	55	60	65	70	75	80	85	90	95
110	45	50	55	60	65	70	75	80	90	95	100	105
120	50	55	60	65	70	80	85	90	95	100	110	115
130	50	60	65	70	80	85	90	100	105	110	115	125
140	55	65	70	75	85	90	100	105	110	120	125	135
150	60	70	75	80	85	90	100	115	120	130	135	140
160	65	75	80	90	95	105	110	120	130	135	145	150
170	70	80	85	95	100	110	120	130	135	145	155	160
180	70	80	90	100	110	115	125	135	145	155	160	170
190	75	85	95	105	115	125	135	140	150	160	180	180
200	80	90	100	110	120	130	140	150	160	170	180	190
210	85	95	105	115	125	135	145	160	170	180	190	200
220	90	100	110	120	130	145	155	165	175	185	200	210
230	90	105	115	125	140	150	160	170	185	195	205	220
240	95	110	120	130	145	155	170	180	190	205	215	230
250	100	110	125	140	150	160	175	190	200	210	225	240
260	105	115	130	145	155	170	180	195	210	220	235	245
270	110	120	135	150	160	175	190	200	215	230	245	255
280	110	125	140	155	170	180	195	210	225	240	250	265
290	115	130	145	160	175	190	205	220	230	245	260	275
300	120	135	150	165	180	195	210	225	240	255	270	285
310	125	140	155	170	185	200	215	230	250	265	280	295
320	130	145	160	175	190	210	225	240	255	270	290	305
330	130	150	165	180	200	215	230	250	265	280	295	315
340	135	155	170	185	205	220	240	255	270	290	305	325
350	140	160	175	190	210	230	245	260	280	300	315	330
360	145	160	180	200	215	235	250	270	290	305	325	340
370	150	165	185	205	220	240	260	280	295	315	330	350
380	150	170	190	210	230	245	265	285	305	325	340	360
390	155	175	195	215	235	255	275	285	310	330	350	370
400	160	180	200	220	240	260	280	300	320	340	360	380
420	170	190	210	230	250	275	295	315	335	360	380	400
430	170	195	215	235	260	280	300	320	345	365	390	410
440	175	200	220	240	265	285	310	330	350	375	395	420
450	180	200	225	250	270	290	315	340	360	380	405	430
460	185	210	230	255	275	300	320	345	370	390	415	440
470	190	210	235	260	280	305	330	350	375	400	425	445
480	190	215	240	265	290	310	335	360	385	390	430	455
490	195	220	245	270	295	320	345	370	390	415	440	455
500	200	225	250	275	300	325	350	375	400	425	450	475
510	205	230	255	280	305	330	355	380	410	435	460	485
520	210	235	260	285	310	340	365	390	415	440	470	495
530	215	240	265	290	320	345	370	395	425	450	475	505
540	215	245	270	295	325	350	380	405	430	460	485	515

CONDITIONING PROGRAM

The summer is a time for the team to get into peak condition for the upcoming season. The better the team conditioned the less practice time the coaching staff has to spend on conditioning. That means there would be more time to practice skills and drills. This can only happen if you follow the summer running program outlined below.

The summer conditioning program will have a “Phase 3” program. The first phase starts out slowly with each successive phase adding more running with less rest time. “Phase 3” is tough. You have to be working up to it all summer long. Follow the program by doing the Phases, and by running on the days listed on the calendar included, and we will be able to roll in November.

Phase Running Program



The Phase Running Program will be done on Wednesdays and Saturdays. Each of the 3 Phases of the summer running program is listed on the next several pages. Work Hard. If you can't complete a Phase, keep at it, the conditioning and endurance will come.

The Phase Running Schedule goes as follows:

- Phase 1-** two week intervals
- Phase 2-** two week intervals
- Phase 3-** two week intervals

*** Once you have completed to Phase 3, start over with Phase 1 and continue the cycle.

Phase Running Program

Phase 1

2x100- Sprint 15 seconds each, 45 second rest between each 100 yard sprint.
Rest 3 minutes.
2x100- Same
Rest 3 minutes
2x100- Same
Rest 5 minutes

2x60-	Sprint 8 seconds each, 25 second rest between each 60 yard sprint. Rest 3 minutes.
2x60-	Same Rest 3 minutes
2x60-	Same Rest 5 minutes

2x40- Sprint 6 seconds each, 20 second rest between each 40 yard sprint.
Rest 3 minutes.
2x40- Same
Rest 3 minutes
2x40- Same
Rest 5 minutes

Phase 2

3x100- Sprint 15 seconds each, 45 second rest between each 100 yard sprint.
Rest 3 minutes.
3x100- Same
Rest 3 minutes
3x100- Same
Rest 5 minutes

3x60-	Sprint 8 seconds each, 25 second rest between each 60 yard sprint. Rest 3 minutes.
3x60-	Same Rest 3 minutes
3x60-	Same Rest 5 minutes

3x40- Sprint 6 seconds each, 20 second rest between each 40 yard sprint.
Rest 3 minutes.
3x40- Same
Rest 3 minutes
3x40- Same
Rest 5 minutes

Phase 3

4x100-	Sprint 15 seconds each, 45 second rest between each 100 yard sprint. Rest 3 minutes.
4x100-	Same Rest 3 minutes
4x100-	Same Rest 5 minutes
4x60-	Sprint 8 seconds each, 25 second rest between each 60 yard sprint. Rest 3 minutes.
4x60-	Same Rest 3 minutes
4x60-	Same Rest 5 minutes
4x40-	Sprint 6 seconds each, 20 second rest between each 400 yard sprint. Rest 3 minutes.
4x40-	Same Rest 3 minutes
4x40-	Same Rest 5 minutes

ABDOMINAL WORKOUT



One of the least worked out body segments is the abdominal. If a tree had strong roots and well developed branches, but lacked a strong trunk, it would snap in half. The abdominal region is the human body's trunk. Therefore, every lifting session is started with working the abdominal. This will allow you to work the entire body in preparation for the sport season.

The following is the abdominal workout the coaching staff wants you to do this off season:

- 50 stomach crunches, 50 leg lifts, 50 knee raises to your chest.
Rest 1 minute then go to the next exercise.
- For those with better abdominal strength, do all of these 3-4 sets

Warm-up Exercises

These activities are used to warm up the body prior to stretching.
This is also another form of a cardiovascular workout.



Exercise: Jump Rope

Purpose: To develop a cardiovascular warm up and to develop rhythm (hand / feet coordination). This activity also helps in the development of using the hands and feet coordination during a match. It also helps in developing quickness. A wrestler must have great hand and feet coordination to achieve maximum balance as well as quickness.

Procedure:

1. Stand in an upright position
2. Simultaneously, jump into the air by rotating a jump rope with your hands around your body.

Volume: Complete two sets with one minute interval

Rest Interval: Rest for thirty seconds in between each set.

Key Points:

1. The athlete should focus on feet and hands coordination to complete the exercise.



Exercise: Push Ups

Purpose: To develop strength in the Pectorals. This also helps in pushing their opponent away from them as well as “setting up” them for their offensive move.

Procedure:

1. Lie flat on stomach
2. Raise your body by lifting it off the ground using arms and chest.
3. Lower your body using your arms and chest.

Volume: Complete one set with fifty repetitions

Rest Interval: None

Key Points:

1. If the athlete does not have the strength to execute this activity, they may perform this exercise while on their knees.
2. Make sure the chest touches the mat.
3. Make sure their back is straight while moving up and down.
4. Make sure their butt is not in the air.

Exercise: Dot Drill

1. * 2. *

3. *

4. * 5. *

Foot Foot

Purpose: To develop strength in the Gastrocnemius (calves). This also helps in cardiovascular development as well as quickness and balance.

Procedure:

The specific activity is as described:

- a. Place one foot in front of each dot (#4 & #5). Jump and touch the middle dot (#3) with both feet at the same time. Proceed to jump to the opposite side of the diagram (#1-left foot & #2- right foot). Once you complete that task, proceed to do the same procedure, but backwards. Complete this procedure five times.
- b. Then proceed to jump with both feet starting near the right dot (#5). Jump to the middle dot (#3) with both feet. Then proceed to jump to the far right dot (#2) then to the far left dot (#1). Then go to the middle dot (#3) –backwards then go to the left near dot (#4). The last dot will go to the right near dot (#5). Complete this process five times.

- c. Then proceed to jump from the right foot only starting near the right dot (#5). Then jump to the middle dot (#3) to the far right dot (#2) to the far left dot (#1) to the middle dot (#3) to the left dot (#4) to the right dot (#5). Complete this procedure five times.
- d. Then proceed to jump from the left foot only starting near the right dot (#5). Then jump to the middle dot (#3) to the far right dot (#2) to the far left dot (#1) to the middle dot (#3) to the left dot (#4) to the right dot (#5). Complete this procedure five times.
- e. Then place one foot in front of each dot (#4 & #5). Begin by jumping and touching the middle dot (#3) with both feet at the same time. Then proceed to jump to the opposite side of the diagram (#1-left foot & #2- right foot). Once you complete that task, flip your direction facing the opposite way. Complete this procedure five times.

Rest Interval:

None

Key Points:

1. Make sure the toe /s touches each dot
2. Make sure the athlete completes the activity.
3. Make sure each individual activity correctly completed as fast as possible.



Exercise:

Crunches

Purpose:

To develop strength in the abdominals. This activity may also be an aid in the “Escape”. While “Bridging” (an Escape move), the initial movement is the use of the abdominals. Therefore crunches must be utilized into the program.

Procedure:

1. Lie flat on back
2. Raise your feet and knees by lifting them off the ground.
3. Place your hands over your chest in a crossed position.
4. While moving, have both elbows touch both knees at the same time.

Volume:

Complete one set with fifty repetitions

Rest Interval:

None

Key Points:

1. If the athlete does not have the strength to execute this activity, they may perform this exercise while their feet are placed on the mat



Exercise:

Jumping Jacks

Purpose:

To develop a cardiovascular warm up and to develop rhythm (hand / feet coordination). This activity also helps in the development of using the hands and feet coordination during a match. It also helps in developing quickness. A wrestler must have great hand and feet coordination to achieve maximum balance as well as quickness.

Procedure:

1. Stand in an upright position
2. Simultaneously, jump into the air extending your arms and clapping them together. As that is happening, the feet should separate shoulder width apart.
3. Simultaneously, jump into the air placing the arms next to your side and the feet should be back in a normal upright position.

Volume:

Complete one set with one hundred repetitions

Rest Interval:

None

Key Points:

1. The athlete should work on feet and hands extending and retracting together to complete the exercise.



Exercise: **Leg Lifts**

Purpose: To develop strength in the Quadriceps and Hamstrings. This also helps in pushing their opponent away from them as well as “setting up” them for their offensive move. This activity is also used for balance and stance.

Procedure:

1. The athlete must lie flat on their back.
2. The athlete must extend their legs in a straight position.
3. On the start, the athlete must alternate the position of their legs while holding them six inches off the mat.
4. On cue from the coach, the athlete will call to separate the legs and contract the legs as well as lift the legs into the air all while the legs are in a straight position.

Volume: Complete one set with fifty repetitions

Rest Interval: None

Key Points:

1. The athlete must emphasize on extending their leg to the fullest.
2. The athlete must have their legs six inches from the mat.
3. The athlete must emphasize on not bending their knees.



Exercise: **Knee Raises**

Purpose: To develop strength in the Quadriceps and Hamstrings. This also helps in pushing their opponent away from them as well as “setting up” them for their offensive move. This activity is also used for balance and stance.

Procedure:

1. The athlete must lie flat on their back.
2. The athlete must extend their legs in a straight position.
3. On the start, the athlete must alternate the position of their legs while folding their knees toward their chest.
4. Once accomplished, the athlete will reposition their knees to a straight formation.

Volume: Complete one set with fifty repetitions

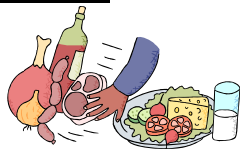
Rest Interval: None

Key Points:

1. The athlete must emphasize on extending their leg to the fullest.
2. The athlete must stress to have their knees together when folding them to the chest.

Nutrition and Hydration Plan

Nutrition:



Preparing for the Match

Wrestlers are one of the most conditioned athletes. However, before competition a wrestler may sometimes not make the best choices when it comes to pre game meals. Sometimes, a wrestler may starve them self to not gain weight. They may also not drink water and workout profusely during the day to lose body water (by sweat). However, when an athlete does this, it creates dehydration which is not such a great thing to do.

In order to achieve your best performance, eating the right foods is essential to having enough energy to achieve success. Make your diet a priority! Your lifestyle *has* to include your diet. This is not just during the in-season. It should be year round.

A quick guideline when you should eat:

1. Eat no earlier than one hour before competition. This allows enough time for the body to digest all the food and provide enough nutrients the body will need for the activity.
2. Eat fifteen minutes after competition or practice. This allows enough time for you to have your cool down session. After the body had the cool down session, the body needs to have it replenished from the nutrients that it has lost.

Obtaining Optimal Performance

General weight control tips for wrestlers

Your diet should consist of approximately:

65-70% Carbohydrates, 20-25% Fat, 10-15% Protein

These percentages of nutrients will give season wrestlers the most benefit due to the vigor and intensity of practices and competition. Your brain and body runs on carbohydrates during intense exercise. Without going into the in-depth energy cycles (anaerobic and aerobic phases), provided are these percentages to use for efficiency purposes.

Listed below are the **best** food choices to have before competition.

Carbohydrates

Acorn Squash	Black Beans	Butter Beans	Cherries	Cucumbers
Pickles	Egg Noodles	Fettuccini	Green Beans	Kidney Beans
Lentils	Mushrooms	Nectarines	Onions	Onions
Pears	Plums	Split Peas	Summer Squash	Cereal
Bagels	Sandwiches			

Protein

Ground Beef 95% Lean	Ground Turkey 95% Lean	Beans	Peas
Skinless Chicken	Ice Milk – Fat Free	Cottage Cheese- Low Fat	Whole Grains
Non fried Fish	Non Fried Seafood	Skim Milk	Trimmed Beef
Trimmed Pork Roast	Skinless Turkey	Tuna in Water	Yogurt- Skim Milk

Vitamins A and C

Broccoli	Cantaloupes	Dried Papayas	Red Peppers	Red Marinara
Salsa	Tomato Juice	Tomato Sauce	Tomatoes	V-8
Winter Squash				

Vitamin E

Almonds	Avocadoes	Guacamole	Con Oil	Mayonnaise
Olive Oil	Peanut Butter	Peanuts	Salmon	Soybean Oil
Sunflower Seeds	Sunflower Oil	Walnuts		

(Arthur, Bailey 1998)

Eat what I call the “No-Fried” diet.

Eat foods that are baked, broiled, boiled, steamed, or grilled. Leave out fried foods! All fast foods such as McDonalds or Burger King may be tasty but are high in fat and does not have much nutritional value.

Watch eating late!

Have a cutoff point in the evening. Eating late at night does not provide enough time for your body to fully digest the food you have eaten. This will cause the body to force to digest the food during sleep. However, since the body turns into “sleep mode” all of the systems slow down. Meaning the Digestive System does not digest the food as fast as it would normally if you were awake. When this happens, the food within the body turns into fat and weight gain is most likely to occur. So, avoid eating and then going to bed.

Use foods as a reward!

Hamburgers, fries, chips, candy, pop and other high fat, simple sugar foods, can be implemented into your diet *in moderation*. Use them as a reward after the competition.

Hydration:



NO SODA- WATER –WATER- WATER

Drink 2-3 glasses of water prior to your meal. This will give your stomach a false feeling of fullness. In addition, it provides the daily needs of water intake your body needs. You will still obtain your energy yielding nutrients from the solid foods you have eaten throughout the day

Gatorade and other types of sport drinks are acceptable as long as they are not replacing water. These drinks may contain sugar so read all the labels before purchasing them. In addition, water is much cheaper than sport drinks.

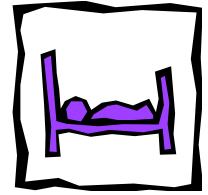
To properly hydrate your body before competition, drink a glass of water two hours before the event. Then ten minutes before competition, drink another glass of water. (Martens, 2004)

Another solution to drinking the amount of water is my old saying “Fill the need”. This only applies after competition. Drinking a large amount of water just before an event may cause cramping and possibly cause you to “slow down”.

Another reason to drink water ten minutes before competition and not right before the event is to avoid muscle cramping. When you drink water, it hydrates the body therefore supplying water to the muscles. If a lack of water is within the muscles a cramp may develop during the match.

Some coaches may say drink sixteen ounces of water every pound lost after exercise. This is true but for competition a wrestler is active for only a maximum of twenty minutes (including change of period, out of bounds and time outs). Therefore, stating to drink one glass of water after a match is efficient.

Recovery Methods



1. Have eight hours of sleep every night. Having less than eight hours of sleep does not help muscle recovery from the day before. It also does not help restore the energy that has been used from the day before.
2. Stretch before going to bed. It prepares the muscles for recovery while sleeping. It also helps in aiding the body to relax before going to sleep.
3. In the event an injury had occurred, listen to the athletic trainer or doctor. Having the proper procedure to rest the injured part and rehabilitate it ensures a quick recovery.
4. Having a massage an hour before competition. By having a massage, the blood supply will restore some energy that may have been lost from earlier that day. In addition, massages after competition will help in aiding energy refuel by the blood circulating in the muscles. If there was a strain in the muscle, a massage may help in aiding a recovery by contacting that muscle. (Danny, Unknown Date and Sports Massage)
5. Eating the right foods. By eating the necessary foods, you will recovery from the proper nutrients that are necessary in muscle replacement. It will also help in preparing for the next day of practice / competition.
6. Drinking plenty of water. Having a good amount of water within the body prevents dehydration. If a wrestler is dehydrated, they feel sluggish and tired. Therefore not being able to compete at their full potential.
7. Cooling down is another recovery method. After any athlete has practice or competes should have a cool down. If an athlete completely stops after the workout, a breakdown in muscle tissue may not be able to recover as fast as they would if a cool own was set in place. Another reason for a cool down is to release the Lactic Acid buildup that developed after a workout. By releasing the Lactic Acid buildup, muscle soreness will be eliminated.
8. See a chiropractor. Chiropractors have methods which help recover an injured body part. This is another aid to get the athlete back into action. From another standpoint, a chiropractor helps in preventing an injury by aligning the skeletal system which in turn helps the nervous system, muscular system etc. (Dr. Free; 1/2010 and Dr. Omura; 11/2008)
9. Have the proper amount of training. Make sure you do not over train or under train. Work as specified from the coach. Working too much will eventually cause an injury. Under training does not help either because the body was fully exerted. Therefore, not much muscle development has been increased due to the lack of effort from the athlete.