Roosevelt High School

Rough Rider Wrestling

“It’s Hard but It’s Fair” – Coach Carl White

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 themselves 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 themselves
4. Development - growth must increase with their body and mind
5. Dedication - all wrestlers must commit themselves to the team and self
6. Learning - all wrestlers will educate themselves 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 Periodization

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<td>Lift</td>
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**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 are 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**

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<tr>
<th>PHASE</th>
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*** 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

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(Rucks, 1989-1995)
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
2x100- Same
2x100- Same

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

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

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

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

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

4x100- Sprint 15 seconds each, 45 second rest between each 100 yard sprint. Rest 3 minutes.
4x100- Same
4x100- Same
4x100- Same
4x100- Same

4x60- Sprint 8 seconds each, 25 second rest between each 60 yard sprint. Rest 3 minutes.
4x60- Same
4x60- Same
4x60- Same
4x60- Same

4x40- Sprint 6 seconds each, 20 second rest between each 400 yard sprint. Rest 3 minutes.
4x40- Same
4x40- Same
4x40- Same
4x40- Same

(Rucks, 1990-1995)
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
**Part:**
Name ____________________  Weight ____________________  Date ______________

### Upper Body

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### Cardiovascular

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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 themselves 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.

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<th>Carbohydrates</th>
<th>Protein</th>
<th>Vitamins A and C</th>
<th>Vitamin E</th>
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<td>Acorn Squash</td>
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<td>Broccoli</td>
<td>Almonds</td>
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<td>Ground Turkey 95% Lean</td>
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( Arthur, Bailey 1998)

Stay away from candy and things that contain simple sugars.

**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:**

![Water bottle](image)

**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)

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 practiced 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 2010 and Dr. Omura 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.