



## *Mustang Wrestling Survival Guide*

Dear Parents and Wrestlers,

Finally, it is wrestling season! The excitement of high expectations is the predominant emotion we all feel at this time of the year. Our wrestlers worked very hard throughout last spring and during the summer to get stronger in the weight room, and to work on their skills during freestyle and Greco season with our club team. We are excited about our wrestlers, who are going to be stepping in on the Youth, and High School teams.

There are many first time parents of the sport of wrestling and even veteran who will benefit from this PARENT SURVIVAL GUIDE. We have grown as a program over the last 10-12 years to a Championship contending wrestling program. We have compiled this guide to help all level of parents and wrestlers to be able to continue the growth of our program.

Our program will continue to grow as our wrestlers, parents, and outside supporters become more educated on the process and policies that this program was built on. We are very fortunate to have a coaching staff that is very knowledgeable about the growth of young men. From the youth, to the high school, our coaches spend quality time developing young wrestlers and mold them to become “Champions On and Off the Mat”.

Our PARENT CLUB is a vital part of the program. We have been very blessed with the participation of enthusiastic parents that understand the levels of the Mustang Wrestling program. Understanding the needs of a program of this size takes the responsibilities of certain items off the coaching staff so they can focus on the development of the wrestler on the mat. Each parent is encouraged to be a part of our PARENT CLUB, to be a closer part of the program, and to experience the growth of the program from a different level.

We hope this guide will help you to better understand the daily expectations and demands of a MUSTANG WRESTLER. Welcome to the Program! Let's have an excellent year!

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### *Philosophy:*

At Shadow Ridge, we expect to win. To beat your opponent, you have to be skilled, in shape, and aggressive. Your job when you go out on the mat is to pin your opponent. You need to keep working until you accomplish this or time runs out. Believing in yourself is half the battle, knowing that you have worked harder than your opponent, and that you have a better arsenal gives you the confidence needed to win. Always display good sportsmanship, remember that you are representing your school, as well as your family, and be thankful that you have the opportunity to participate in such a remarkable sport.

From the bottom position, you must have a strong base keeping your head off the mat and your core in a position that you are the strongest and most mobile to do the moves you are the best at. If you control your opponent's hands before you do the move, you stop his progression and are able to advance yours. Always know your first move, as well as the possible counters, and the next move you will do if the counter is successful. You have to keep in position so you can go from one move to the next until you are successful at escaping or reversing your opponent.

From the top position, you must stop your opponent's whistle move, stay behind his hips, and inside his elbows. To turn your opponent, you must have control of your opponent. Secure your position, then work for your fall.

From the neutral position, stay in your stance, circle to your opponent's trail leg, close the gap to get inside ties. Change level before you attack, penetrate deep on your shots and be ready to reshoot your opponent's shots. Set up your takedown attempts and work to immediately finish your shots. This is not a take turns sport, keep moving until you finish, that is when your opponent is on his back.

Practice at full speed with as many different partners as you can. Drill your best moves, work on your weaknesses. A true champion is one that can score, even when his opponent takes his front line offense and defense away. You should have 2 moves from each position, offensively and defensively. So you need 12 moves that you can do to anyone at any time and at will.

## **PARENTS, THE DIFFERENCE IS YOU!**

To All Parents,

The Mustang Wrestling program offers many challenging and rewarding experiences for not only your son, but you, as well. The Shadow Ridge Mustang wrestling coaching staff firmly believes that you are an integral part of your son's development and success. Your attitude, encouragement, and dedication to the program will greatly affect how your son reacts to the pressures and demands of the wrestling team. It is up to us to ensure that each of our wrestlers is given the best possible environment in which to grow as a wrestler, and as a young man entering adulthood. If he stays with the program, it is inevitable that what he takes away from this experience will last a lifetime. With your help, we hope these experiences will be positive and rewarding.

The responsibilities we face during our son's teenage years are enormous. We must face these responsibilities head on with determination and commitment while at the same time giving our sons the room to grow and mature. This is a very delicate balancing act, and one that requires a great deal of effort on everyone's part. The Shadow Ridge Mustang Coaching Staff has outlined some of the parameters that we expect not only from our wrestlers, but our parents as well. By adhering to them, we feel the journey through your son's high school wrestling career will be a little easier for you and your son. Please read them carefully

### **TEN COMMANDMENTS FOR PARENTS WITH ATHLETIC CHILDREN**

1. Make sure your child knows that, win or lose, scared or heroic, you love him, appreciate his efforts, and are not disappointed in him.
2. Try your best to be completely honest about your child's athletic capabilities, his competitive attitude, sportsmanship, and actual skill level.
3. Be helpful but don't coach them on the way to the rink, pool, field, gym or track or at breakfast and so on. It is tough not to, but it is a lot tougher for the child to be inundated with advice, pep talks, and often critical instruction.
4. Teach them to enjoy the thrill of competition, to be "out there trying," to be working to improve their skills and attitudes.
5. Try not to relive your athletic life through your child in a way that creates pressure; you fumbled too, you lost as well as won, you were frightened, you backed off at times, you were not always heroic. Don't pressure him because you lost your pride.
6. Don't compete with the coach. If the coach becomes an authority figure, it will run from enchantment to disenchantment, etc., with your athlete.
7. Don't compare skill, courage or attitudes of your child with other members of the team, at least within his hearing.
8. Get to know the coach so that you can be assured that the philosophy, attitudes, ethics and knowledge are such that you are happy to have your child under his leadership.
9. Always remember that children tend to exaggerate, both when praised and when criticized. Temper your reaction and investigate before overreacting.

10. Make a point of understanding courage and the fact that it is relative. Some of us can climb mountains, but are afraid to fight. Some of us will fight, but turn to jelly if a bee approaches. Everyone is frightened in certain areas. Explain that courage is not the absence of fear but a means of doing something in spite of fear or discomfort. The job of the parent of an athletic child is a tough one, and it takes a lot of effort to do it well. It is worth all the effort when you hear your youngster say, "My parents helped, I was lucky in this."

### **YOUR RESPONSIBILITIES AS A PARENT OF A WRESTLER**

1. To be a vital support system for their child.
2. To make an honest attempt to be at every meet and tournament possible.
3. To try to understand the pressure put on your son and the commitment they have to make.
4. Parents should get to know their son's coaches and work with them as much as possible.
5. A parent needs to realize they are not the only person with a son on the team. We may, at times, need to offer encouragement and understanding to parents as much as we would to their sons.
6. Parents also need to remember their son is not the only person on the team. These young men may respond to encouragement and positive pressure from other parents more than from their own and we should be willing to offer help whenever necessary. Parents are encouraged to offer:
  - a. Words of praise and encouragement to all wrestlers after a match; win or lose,
  - b. Hugs, handshakes and/or a pat on the back,
  - c. Asking questions about and being involved in their personal lives (i.e., other sports, school work, general support, etc.)

Remember, a chain is only as strong as its weakest link. Your parental responsibility is to become a very vital and strong link in the chain of your child's life, actively involved both in and out of school and sports.

Parent participation in the sport of wrestling is essential. Parents need to be aware of the many pressures put upon their sons. Wrestling requires a tremendous amount of courage, class, commitment and character, and sometimes even this may not be enough. Our children require and want a great amount of parental approval in their lives whether they acknowledge it or not.

The following regulations are meant to keep the reputation and integrity of the Mustang Wrestling Team at the highest level possible. This code should act as a guideline for promoting Mustang Wrestling. This Code of Conduct has been approved by coaches of the Mustang Wrestling Team and school athletic administrators. These rules and regulations are to be strictly adhered to by all members of the Mustang Wrestling Family.

## *Team Members*

1. Team members are to consider themselves representatives of the Shadow Ridge Wrestling Team at all times whether in or out of the official wrestling season, in school or not and while attending school activities. All actions by members of the team are considered a reflection of the team.
2. Team members are to always be respectful of all parents, fans, coaches, wrestlers, schools and any property of others regardless of whatever team or teams they represent. Team members are to be respectful of the mat officials, as well as school officials at all times.
3. Team members are to act as a single unit, supporting and encouraging each other totally. Before, during and following each match.
4. Team members are to remember they are a team and act accordingly during meets and tournaments. Time spent with non-team members should be restricted to a minimum.
5. Social Networking should not be used for intimidating, threatening, with appropriate language/pictures or putting essential information of the daily essentials of the Shadow Ridge Wrestling program. If any member of our team is using social media in an inappropriate way that embarrass the program, wrestlers could get a week suspension or let go from the team.

## *THE BENEFITS OF SHADOW RIDGE WRESTLING*

Wrestling is a tough sport, there is no doubt about it. However, there are many benefits to participating. One of the most important is that it allows young men to become better athletes and better human beings.

Young wrestlers take many loses as they learn the sport. Very seldom does someone jump in and immediately have a successful record. Teaching these young men to deal with losing is a very important reality in life. It takes a lot of hard work and commitment to get to the top.

**Courage** is one thing emphasized by the coaching staff at Shadow Ridge. When a wrestler steps out onto the mat, he is all alone. He risks being beaten in front of his teammates, his parents and his friends. Yet, all wrestlers take that risk repeatedly.

The conditioning drills wrestlers go through take a great deal of **self-discipline**. Another quality of wrestling at Shadow Ridge is self-discipline. Wrestlers have to work hard and maintain their intensity every day of the season. Some also choose to diet to maintain a certain weight. That is particularly tough for growing young men who are accustomed to eating several times a day. It takes self-discipline to practice hard every day and to diet.

While wrestling is difficult and takes hard work, the young men learn they will be rewarded in the long run. This reward is called **Succeeding**, and it makes all the hard work worthwhile. Wrestlers realize hard work can make good things happen. They carry this with them even when their days of competition are over.

These young wrestlers come in contact with many people that can and do influence them in a positive way. The parents involved in the program are always willing to help with any situation that may occur. Coaches are excellent role models for these young men willing to always put them first.

*Have patience with all things, but first of all with yourself.  
- St. Francis de Sales*

### **THE 3 PILLARS OF A SHADOW RIDGE WRESTLER**

Whenever and wherever Shadow Ridge Wrestling is mentioned, the words Character, Class, Courage, Commitment, and Success will be, and should be thought of!

**First:** You must go all out in every practice session and match. Only good conditioning can give you the feeling of confidence and the physical ability necessary to go all out. Each and every rule plays a definite role in attempting to achieve standards of conduct and in producing winning teams.

**Second:** To be on a championship team, you have to be a champion yourself, and be willing to "pay the price" of keeping strict training rules. Wrestling is not compulsory, but rather for those people who want to wrestle the match and abide by the rules. You are representing your city, the school, the coaching staff, your parents, and your peers with all of your victories, being their victories!

**Third:** The following qualities are desirable and worth striving for on the part of Shadow Ridge Wrestlers:

**CHARACTER:** Be more concerned with your character than your reputation, because your character is what you really are, while reputation is merely what others think you are. (John Wooden)

A wrestler must be dependable and consistent, regardless of the time or place. Be it the opening whistle or the final 30 seconds . . . character, as much as physical ability is vital. (Calvin Hill)

**CLASS:** Class is being honest - both with others and with yourself. Class is treating others, as you would like them to treat you. (Jack Nicklaus)

There is no mat space for malcontents or dissenters. One must neither celebrate insanely when he wins, nor sulk when he loses. He accepts victory professionally and humbly; he hates defeat, but makes no poor display of it. (Dan Gable)

**COMMITMENT:** The important thing in life is to try to be your best. Be honest with yourself, your family, your friends, and your community. An honest commitment means 100 percent. It means loyalty, and it means being able to be counted on in the clutch. A man can be as great as he wants to be. If you believe in yourself and have the courage, the determination, the dedication, the competitive drive and,

if you are willing, to sacrifice the little things that are worthwhile, it can be done. Once a man has made a commitment to a way of life, he puts the greatest strength in the world behind him. It's something we call heart power. Once a man has made his commitment, nothing will stop him short of success. (Vince Lombardi)

Courage is not how a man stands or falls, but how he gets back up again. (John Lewis)

Courage is the first of human qualities, because it is the quality that guarantees all others. (Winston Churchill)

## **ON AND OFF THE MAT CONDUCT OF A SHADOW RIDGE WRESTLER**

**On Being A Gentleman:** All wrestlers are expected to be gentlemen both on and off the mat. Undesirable or unacceptable actions or conduct will not be tolerated. This definitely includes behavior in the wrestling practice room, on the bus, at hotels, and during duals and tournaments. Always be on your best behavior.

**Sportsmanship:** We expect every wrestler to display good, clean sportsmanship while wrestling hard and tough, giving everything humanly possible, while still playing the game as intended. Horseplay: Injuries often result because of horseplay in the dressing room, both before and after practice, and even during practice. Horseplay is not tolerated!

**Language:** Watch your language both on and off the mat, your reputation and that of your coaches, school, and community will be under close scrutiny by others. Penalties, which may occur for such conduct, may cost your team points! Not getting in the habit will eliminate this problem from the beginning!

**Away Meets:** Report promptly to the wrestling room and check all gear before leaving. The coaching staff **EXPECTS** the buses to be quiet on the way to meets to allow for mental preparation for upcoming opponents. Do not take anything that does not belong to you when leaving another school. You must return with the team unless given special permission!

**Dress:** Meet uniforms will be worn only at the meet not in school or home! Proper attire will be expected on trips away from home. The coaching staff will designate proper attire.

**Curfew:** All wrestlers should be home by 10:00 p.m. and in bed **NO LATER** than 10:30 p.m. the night before all meets! This is critical rest!

\*ALCOHOL: Absolutely prohibited at any time!!!

\*DRUGS: Absolutely prohibited at any time!!!

\*TOBACCO: Absolutely prohibited at any time!!!

ALL tobacco products are prohibited!!!

\* These regulations will be enforced as outlined in the Code of Conduct and drug and alcohol contract pending a review with staff, wrestler involved, Athletic directors and his parents! The

staff will make every attempt to eliminate the wrestler who must behave in appropriate ways from our TEAM!

## **ACADEMICS**

It is of the utmost importance that the Mustang wrestlers perform to their fullest potential in the classroom. The coaching staff would be negligent in their responsibilities if we only spoke of athletic performance and not academic performance.

Once again, wrestling at Shadow Ridge is a privilege and an option. If you decide that you cannot perform up to the established minimum standards, choose not to participate!

**Classroom:** Classroom obligations always come first; so don't use the excuse of "I have practice, so I can't stay!" You will be expected to make up all work when the teacher so desires - YOU MISSED THE CLASS, SO YOU PAY THE PRICE!

**School Work:** GET AN EDUCATION! - What you are going to be, you are now becoming! Without school, you would not be participating at this time. If you have plans on wrestling beyond the high school level, YOU MUST MAKE YOUR GRADES BOTH IN SCHOOL AND ON YOUR "ACT" TEST! I will expect teachers to let me know about your classroom behavior and I will handle problems that they can't! (Don't forget teachers talk!)

**School Tardies, In-School Suspension, and Detention:** Stay out of these situations! This will be a cause for conditioning opportunities at the end of practice as a reminder for proper behavior. If these behaviors are habitual, wrestlers will have to sign a behavior contract to follow, to remain on the team.

**Administrators, Teachers, and Coaches:** Lack of respect for any of these people will never be tolerated. First offense is a ONE MEET SUSPENSION with second offense being SQUAD DISMISSAL!

## **Challenge Matches:**

There will be a wrestle off to determine varsity and jv. Once those two teams have been established, to take the jv or varsity spot, they have to be beaten twice by the challenger. JV can challenge for varsity, others must obtain the JV spot first, then they can challenge for varsity. There is no limit to the number of challenges, but the wrestler who is challenging must notify the head coach and the wrestler he wishes to challenge at least one day prior to challenging. The wrestler must be within the prescribed weight limit to challenge. Remember that challenging is a privilege and not a right. By winning a challenge, that does not necessarily mean that a wrestler

gets that spot. His grades, attitude, attendance, and work ethic will help determine his spot. It is up to the coaches who will give our team the best chance and who is most deserving of that spot.

### **Lettering**

Lettering is determined by varsity participation and coach's endorsement. In order to earn a Varsity letter the wrestler must do the following:

Earn 100 team points at the Varsity level. Points will be given on the following criteria:

- 6 points – pin
- 5 points – Technical Fall
- 4 points – Major Decision
- 3 points – Decision
- 2 points – forfeit win in a Dual Competition
- 1 point – per match

JV wrestler can win a letter by placing 1<sup>st</sup> at the end of the year Clark High School Tournament.

### **Bench decorum**

You will stay with your team on the bench for the duration of a dual match, if you violate this you will receive reminders. There are no cell phones, i-pods, etc. on the bench during competition or during team warm-ups at matches or tournaments. You will support your teammates during competition at duals, violations will result in reminders. As a member of the varsity or JV, you earn the right to attend matches and tournaments. You become eligible to compete at these events by doing the following: a) wrestling during the spring and summer, attendance at practices, your attitude, your work ethic and your being in good standing with the school, coaches and team.

You are expected to wear Shadow Ridge gear that is provided for you. Every member of the team will look the same. That means if we decide to wear sweats, everyone on the bench will wear those sweats. If it is decided to wear the spirit pack, everyone will wear the appropriate spirit pack. If you come to a match not dressed in the appropriate clothing and dressed like the rest of the team, you will not participate in that evenings dual or tournament. As always, our team comes before the individual.

## **National Anthem**

We will stand as a team during the National Anthem. Being able to participate in high school sports is a privilege. People have sacrificed a great deal for our Country and we will stand to honor them and that sacrifice. As a matter of fact, a former wrestler of mine, Matt Hennigan gave his life while serving his Country, and our Courage Award is named in his honor. If we are in the stands when the National Anthem is played, we will stand at attention facing the flag. If we are on the bench when it is played, we will stand next to the mat, facing the flag at attention.

## **Captains**

Shadow Ridge captains are the team leaders and are therefore, held to a higher standard. Captains lead by example, in how they act and how they work-out, how they exhibit sportsmanship and how they deal with their teammates in a positive constructive way. Captains will be elected by the team from a list of eligible candidates selected by the coaching staff. Captains can be relieved of their responsibilities if they show they are not fulfilling the expectations of that position. The captains duties include but are not limited to: being a bridge between the team and the coaches, warm-ups at practice, warm-ups at matches and tournaments, doing the coin flips at duals, being a positive role model to the team on how to work-out, managing weight and balancing their life inside and outside the wrestling room in a positive and constructive manner.

It is the hope of the Shadow Ridge wrestling program that these rules will be helpful and give direction to the wrestlers of our team. If you have any questions or concerns, please feel free to contact our coaching staff.

## **Team Line-up**

Our lineup for dual meets and tournaments will be determined by the coaches. Your personal record is second to the team record. We will base our decision on how we best feel we match up with other teams. The following will be taken into consideration when setting our line-up:

- Coaches discretion
- Attendance
- Citizenship
- Challenge matches
- Work ethic
- Behavior
- Safe weight practices

## **Parent Expectations**

We as coaches understand that we expect a lot, not only from yourself (financially, time, etc.), but from your wrestler as well. We want nothing but the best for your son or daughter, and to that end we will need your support. We would like to remind you of several things about our season:

- All of our practices will be **closed** to parents during the season. If you have any questions or concerns about your child, or want to know where he/she stands in the lineup please call to speak with one of the coaches. We are available daily, after practice. Please follow the chain of command when a problem arises. Speak to the Head Coach (Gledhill), and then if you are not satisfied, by all means please speak to our Administration.
- Transportation – Please make arrangements to have your wrestler picked up on time from meets and tournaments. Coaches have families as well, and would like to get home. There will be consequences if coaches have to wait an unreasonable time for you to pick up your child. Consequences could be that your wrestler will not attend the next away dual or tournament. Make sure they arrive on time to meets and tournaments as this can also affect their standing on the team. We understand problems arise, just call.
- We encourage you to attend all events and support your wrestler. Under no circumstances are you to be by the mat or bench until competition is over. Please remain in the stands and get as loud as you want.
- Sportsmanship – Please refrain from taunting other wrestlers or officials. We hold you to the same standards as your wrestler when it comes to representing Shadow Ridge Wrestling and bad etiquette will not be tolerated.
- Mustang Stampede and Holiday Classic – As you know, we put on two tournaments that are used as fundraisers for our program. Some of ways you can help: Table help, concessions, setup and breakdown, hospitality and admissions. Your help is essential to running a great tournament and we need to be able to count on you. Information for these tournaments will be forthcoming.

### **Attendance and Tardies at Practices**

If you are late to practice, you need to provide an excuse from a teacher or doctor. If you come late to practice without an excuse, you will be given a conditioning opportunity of why you need to be on time. If you are late to warm-ups before competition, you will be given a conditioning opportunity. If you leave practice without permission, you will be assigned reminders. Do not schedule doctor's appointments during practice times. Being taped, or seeing the trainer is not an excuse for being late, as you can get there in time to make practice on time. You are expected to be at all practices. If you miss practice, you need to provide an excuse from a teacher, doctor or parent. Wrestling is a repetition sport. It is only through practice that you get better. If you are not committed, stay home. Do not waste our time or yours. The following are consequences for tardies and missed practices:

Tardy 1 – extra duty after practice

Tardy 2 – extra duty after practice and loss of wrestling privileges for the week

Tardy 3 – excused from the team

Unexcused absence 1 – cannot wrestle in next contact

Unexcused absence 2 – suspended for 1 week

Unexcused absence 3 – dismissed from the team

\*An excused absence will not count against a wrestler. A parent must notify a coach before the missed practice. In case of a doctors, or dentist appointment, you must bring a note from that appointment.

### **Dual Meets and Tournaments**

Team expectations at these competitions:

- Attendance is mandatory for dual meets, and tournaments participation is dependent on our lineup.
- Set up and take down is mandatory and will be led by our Seniors. Seniors will be held accountable for this being done properly.
- You may not leave early from competitions if a bus is provided.
- Never speak to an official while on the mat. Leave that to your coaches.
- Stay with your team at all events. Be supportive.

### **Citizenship**

Good behavior is expected at all times. You are representing your family, school, and coaches. Your behavior is a direct reflection of our team. Throughout the years, our coaches have received many compliments from officials, and other teams about this topic. It only takes one incident to ruin this. We take pride in how we represent ourselves. This is not only expected while wrestling, but in the classroom, and at home. Parents, we are more than happy to give extra duty for behavior at home. Any problems in this area can result in the following:

- Extra duty
- Loss of wrestling privileges i.e. Challenging
- Suspension
- Dismissal from the team

### **Hygiene and Weight Management:**

Due to the nature of our sport (bodily contact), it is wise to always have antibacterial soap available for your wrestler to shower with. Each wrestler needs to immediately shower after practice, or the latest upon arrival at home.

Our Wrestlers are expected to take pride in our wrestling room. The mats will be cleaned on a daily basis. This means that they will be dry mopped as well as wet mopped before each and every practice. This responsibility will fall on our seniors to be sure that this gets done before the start of practice.

As coaches, your wrestler's safety is our number one concern. Practice gear must be washed **EVERY DAY** or different gear must be worn. Shadow Ridge wrestling must do everything in its power to help prevent the various skin diseases. Parental help is of the utmost importance in helping to prevent skin problems. Each wrestler should purchase a tube of Micatin, Tinactin, or Lamisil type fungi creams just in case of possible problems. If a skin issue arises, immediately let your coaches know. We will provide a form that can be found on this site that must be filled out by a physician. This form will let you participate in matches. "National Federation of State High School Association – Physician Release for Wrestler to Participate with Skin Lesions" Form. This form must be filled out by the doctor and carried by the wrestler or coach to competitions in case there is dispute with officials.

Weight classes are a part of wrestling and as a team we need to fill all the weights. We want to have, and practice safe and effective methods to manage your weight. To that end, plastics are not allowed at practice (in the wrestling room). Coaches will have a schedule of acceptable weight allowances before Monday's practice that will be expressed after Saturday's tournaments. Violations will result in extra time, or being moved to another weight class, or not wrestling in the next contact. It is going to be the coaches discretion whether your child will wrestle if he cannot adhere to the weight policy.

We will strictly follow the NIAA's guidelines for weight management. This means that your wrestler will be weighed in at the beginning of the season, and if they decide to cut weight, they will follow their dissention plan provided by the NIAA. This only allows for a certain percentage of weight loss per week. If cutting weight, we recommend the following:

### **NUTRIENTS**

Your body depends upon a constant supply of nutrients to keep it functioning. There are six essential groups of nutrients your body needs every day: water, carbohydrates, protein, fats, vitamins, and minerals.

**Water:** The most important nutrient for any athlete is water. Your body is 60-70% water. Water is absolutely essential for optimal health and peak performance. You may be surprised to know that dehydration is a major cause of decreased performance. Some wrestlers are more sensitive to dehydration than others. A fluid loss of 2-3% of your weight can quickly occur during intense training. Even modest levels of dehydration should be avoided because it harms performance. It is important to drink plenty of fluids during practice and between matches. Not only will you feel

better, but you may also find you have more endurance. During physical activity, thirst is not an adequate signal of the need for fluid. Follow the fluid guidelines listed below:

- Weigh-in before and after training to monitor fluid loss. Drink two cups of fluid for every pound of body weight lost.
- Drink 2 ½ cups of fluid two (2) hours before training or competition.
- Drink 2 ½ cups of fluid fifteen (15) minutes before competition.
- Drink 1 cup of fluid every 15-20 minutes during training and competition.
- Avoid beverages containing alcohol and caffeine, as they promote dehydration.

**Carbohydrates:** Carbohydrates are the main food source for your body and should make up 55 - 65% of the total calories you consume. Excellent sources of carbohydrates include dark breads, pasta, cereals, fruits, and vegetables.

**Fat:** Everyone needs a little fat in their diets, and wrestlers are no exception. Fat should make up about 20-30% of the calories you consume. Most of the fat we consume is naturally found in foods (meats, nuts, and dairy products) or added during the preparation of food (e.g. fried foods). Sources of additional fat include margarine, peanut butter, and salad dressings.

**Protein:** Protein is used for growth and repair of all the cells in your body. Good sources of protein are meat, fish, and poultry. Many plant foods like beans and nuts are good protein sources, too. However, nuts are also high in fat and should be eaten only in small quantities. Your diet should provide 12-15% of its calories as protein. The typical American diet provides more than enough protein, so you don't need to worry too much about your protein intake.

**Vitamins and Minerals:** If you eat a balanced diet from the basic food groups, you will consume most of the vitamins and minerals your body needs, however, specific supplementation may be advanced for certain athletes.

## **METHODS OF WEIGHT CONTROL THAT SHOULD BE AVOIDED**

**Dehydration:** Weight loss in wrestlers usually occurs in a short period of time and consists primarily of water loss. If you lose weight faster than 2-3 pounds per week, you are likely losing water (and perhaps muscle tissue). Unfortunately, when you rehydrate after weigh-in, your body absorbs water at a relatively slow rate: about 2 pints per hour, and it takes up to 48 hours for the water balance to be restored. The ill effects of dehydration include a decrease in muscular strength and endurance, a decrease in blood flow to muscle tissues, and an impaired ability to properly regulate your body temperature. Therefore it is recommended that:

- Wrestlers should limit weight loss by dehydration to a bare minimum.
- Use of diuretic drugs ("water pills") to help lose water weight should be avoided. These drugs can cause disorders in the way your heart and kidneys function.
- Wrestlers should not rely upon sitting in a steam room or sauna to cut weight. Exercise in a plastic suit should also be avoided. These practices are strongly discouraged because they can cause rapid dehydration and heat stroke, which may be fatal.

**Fasting:** When you do not eat at all (fasting), your body uses its stored nutrients, and weight loss will certainly result. However, fasting quickly reduces your blood sugar, which in turn robs your brain and muscles of their most important energy source. Fasting can cause your muscles to use muscle proteins for energy, even if fat is available. Eat at least the minimum calories your body requires each day so you can maintain your energy and strength while losing weight.

**Yo-Yo Dieting:** The greater the peaks and valleys in your body weight, the more difficult it is for your body to function correctly. Studies have shown that alternating between feast and famine may cause your body to use food more efficiently (hanging on more tightly to each calorie). Yo-Yo dieting just makes cutting weight more difficult.

**Diet Pills:** Using diuretics (water pills) and laxatives to lose weight will dehydrate your body and rob your body of important nutrients. Diet pills can cause many adverse physical, as well as psychological, effects. Under no circumstances are diet pills or water pills ever to be used for cutting weight. Only proper methods are supposed to be used for weight loss. Eating Healthy and exercise should be used.

Research has shown that practicing proper methods of weight control are essential to maximizing your athletic performance. Peak physical performance can only occur when the body is supplied with an adequate amount of essential nutrients. Using improper methods of weight control will decrease your level of performance

### **THE WRESTLER'S DIET**

Wrestlers who cut weight often deny themselves the very nutrients they need to perform well. Many wrestlers either don't care about proper nutrition or they simply do not know any better. Wrestlers often think of food and water only in terms of gaining weight. They forget that food provides nutrients to fuel their bodies. However, the scientific facts are simple - poor nutrition will hamper performance. The body cannot function at its best when it lacks vital nutrients. Consider these points:

- Concentrating on wrestling rather than on cutting weight will make you a better wrestler.
- To grow naturally and increase strength, you need the same nutrients as other teenagers, but need more calories to meet the demands of daily training.
- Fasting causes the body to use muscle proteins for energy even if fat is available. This limits muscle growth and strength development.
- A proper diet will help wrestlers lose fat weight without sacrificing muscle tissue or becoming dehydrated.
- Dehydration is a major cause of losses in strength and endurance.
- Losing weight rapidly results in a loss of both muscle tissue and water.
- Losing weight gradually (2-3 lbs/week) is the best way to lose fat and keep muscle
- Proper training includes practicing proper nutrition and proper weight control methods is vital to achieving peak physical performance.

There are several factors to consider when deciding your "best" wrestling weight, but the most important is how much weight can you safely lose and still perform well? The weight class you

choose should not be so low that you have to sacrifice good nutrition for the sake of making weight. In addition to the adverse physical effects of trying to cut too much weight, unhealthy weight loss practices affect you psychologically. The more you worry about your weight, the less you concentrate on your wrestling.

### **MUSTANGS WRESTLER'S SAMPLE DIET**

#### **Breakfast:**

2 eggs  
1 slice of toast  
1 muffin  
2 tsp jelly  
1 banana

#### **Lunch:**

1 Turkey Sandwich  
½ cup mixed fruit  
1 apple

#### **Dinner:**

1 Skin Free Chicken Breast  
1 small baked potato  
1 cup green beans  
1 cup skim milk

#### **Snack:**

6 Fig Newtons

½ cup mixed fruit  
2 squared graham crackers

Water consumption is crucial: 10-12 ounces every 2 hours  
Do not eat after 8:00 pm if possible

### **Training Room**

All injuries must be reported to our Athletic Trainer or a Coach, who will report these injuries to Coach Crutchmer! Don't treat yourself - never skip treatments that you have been told to do! STAY OUT OF TRAINING KITS AND TRAINING ROOM UNLESS SOMEONE IS THERE TO TAKE CARE OF YOU! Remember - I need to know about every one of you!

### **Managers:**

Manager's duties include taking attendance at practice, checking out and collecting equipment before and after matches or tournaments, recording wrestling matches, putting those videos into folders for viewing, keeping the team stats and making up spread sheets that can be posted in the wrestling room and putting those stats on the appropriate websites. They also need to upload videos and stats on the Shadow Ridge Wrestling website and any other duties the coaches assign as needed.

**Managers are not allowed to date the wrestlers on the team, sit with them on the bus rides, or cause distractions for the team.**

**Coaching Staff:**

Gus Gledhill – Home -702-463- 4899

Cell 702-501-7493

Ted Johnson - 580-284-6583

Brad Mckee – 702-882-9625

Lorin Spendlove – 702-275-2654

Gabe Gledhill – 702-595-4503

Bruce Scott – 209-402-5574

Brad Burton – 702-860-2740



Please review with your wrestler, and return this paged signed.

I have read and understand the rules and expectations as presented by the Shadow Ridge Coaching staff

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Wrestlers Name

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Wrestlers Signature

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Parents Name

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Parents Signature

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