

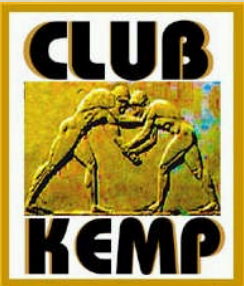
# Nutrition & Biomechanical Workshop for Wrestlers

Maintaining Proper Nutrition through the  
Seven Phases of Wrestling & Exercises  
to Correct Joint Misalignments, which  
leads to a Greater Range of Motion and  
Decreased Risk of Injury

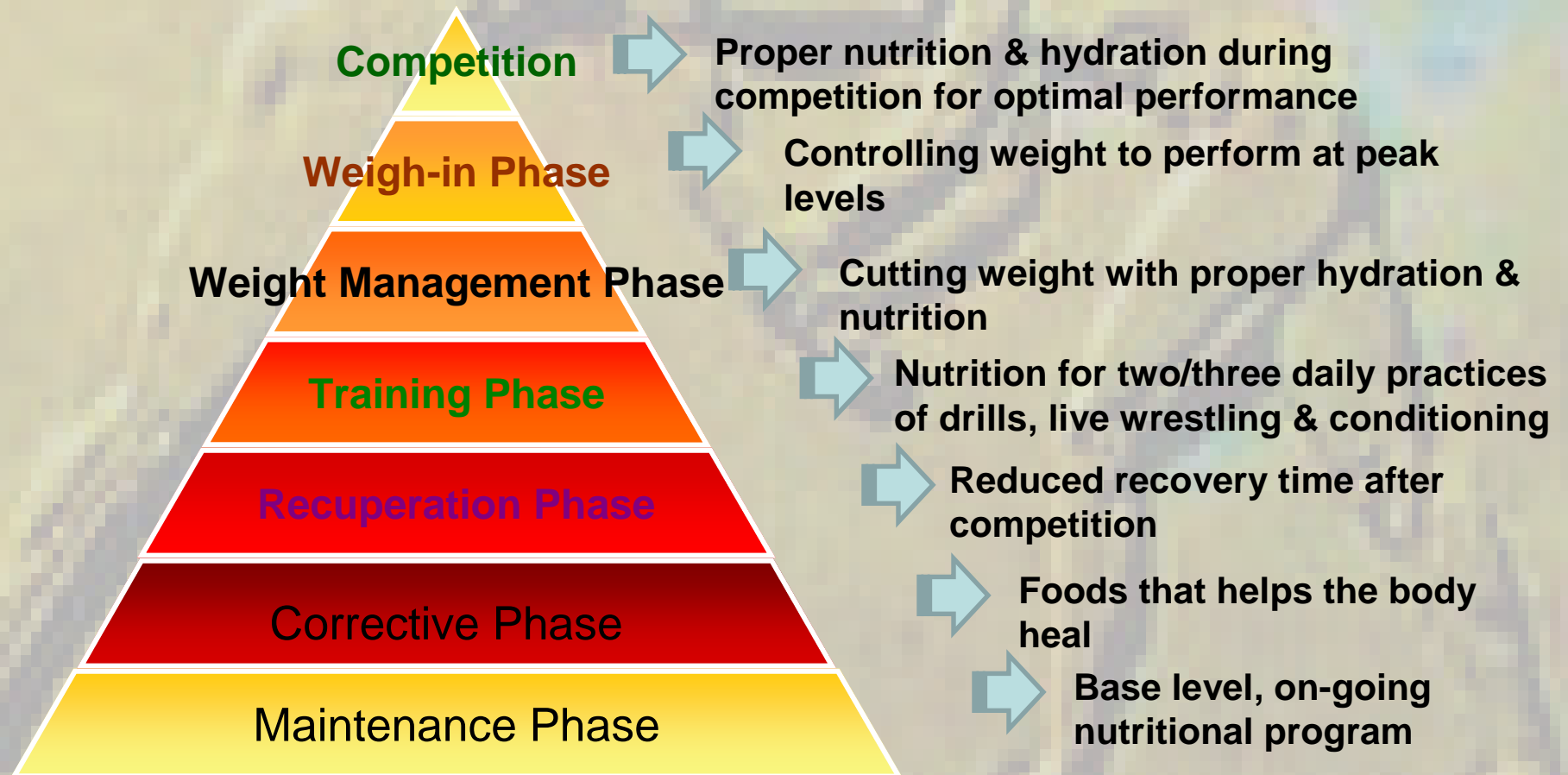
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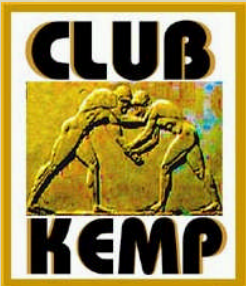
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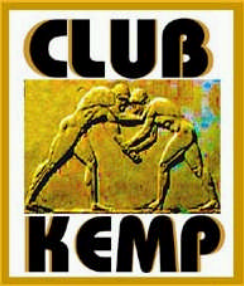
# 7 Nutritional Phases





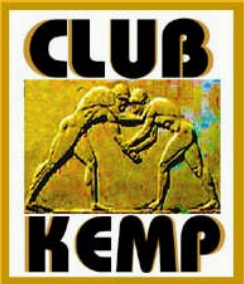
# Training Phase

- **Intensity of training** is increased with progressively harder practices reaching a plateau then reducing the intensity of the practices creating a “cycle”. Each cycle will plateau at a higher intensity level than the one before.
  - 2-3 per day practices
    - ✓ *Instruction*
    - ✓ *Drilling*
    - ✓ *Live wrestling*
    - ✓ *Endurance training (running)*
    - ✓ *Strength training (weight lifting)*
  
- **Time Frame**
  - International Competition: 8-12 weeks
  - College, High School, Grade School: 1-4 weeks



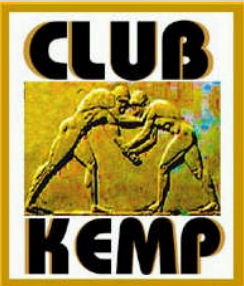
# Weight Management

- Making weight for peak performance level on competition day.
  - **Training Phase:** 3-4 weeks optimal nutrition and supplementation necessary to safely attain weight goals prior to competition as well as weight maintenance.
  - **“Cutting” Weight Phase:** 1-2 weeks to make weight for competition.
  - **Travel day(s):** Optimal nutrition and supplementation 24 hours prior to competition day is absolutely **essential** to facilitate peak performance as well as meet weigh-in goal for/on competition day(s).
    - ✓ *Planning and packing nutrients for travel day(s)*
    - ✓ *Planning and packing nutrients for competition day(s)*



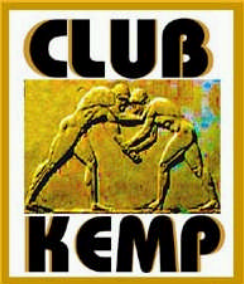
# Weigh-in Phase

- **High school and College wrestlers**
  - ***Weigh-in:*** *Either the day before or in some instances the day of competition.*
    - ✓ Nutritional goals with consideration to weigh-in time.
  - ***Weigh-out:*** *Second weigh-in at the end of the first day of competition.*
    - ✓ Nutritional goals with consideration to weigh-out time.
- **Freestyle/Greco (post high school and college)**
  - ***One Weigh-In:*** *5-7 pm one day prior to competition*
    - ✓ Nutritional goals for optimal performance on competition day(s).



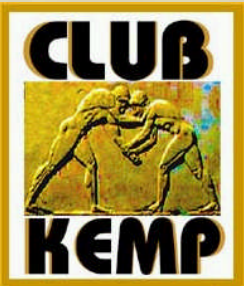
## Competition phase

- Wrestle the entire weight class on competition day, approx. 4-5 matches.
  - ✓ *Approx. 2 hours between their first and second matches*
  - ✓ *Increasingly shorter time between subsequent matches sometimes with as little as 15 to 25 minutes between matches.*
- Nutritional goals on competition day
  - ✓ *“Carb” loading for peak performance at each match.*
  - ✓ *Maintaining optimal electrolyte balance.*
  - ✓ *Maintaining Glucose/insulin balance.*



## Recuperation Phase

- Restoration phase is critical to restoring the athletes normal physiological state to facilitate body's natural mechanism for healing.
  - *Intense physical output on competition day causes depletion of the body physically and emotionally.*
  - *Proper hydration and nutrition must be consumed to provide the optimal physiological environment for the body to restore, repair and regenerate.*
    - ✓ Hydration
    - ✓ Electrolytes
    - ✓ Glucose & insulin
    - ✓ Oxygen



# Maintenance Phase

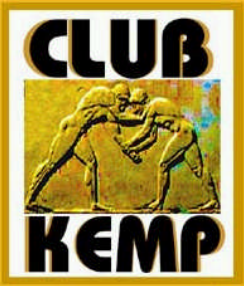
## *Base level ongoing nutritional program*

- Understanding the human body.
  - ✓ *Provided with the correct environment, the body is:*
    1. Self repairing
    2. Self maintaining
    3. Self regenerating
- Principles of Wellness:
  - ✓ *What is necessary for a human being to assure quality of life so as to “die healthy”.*
    1. Nutrition: Vitamins & Mineral Supplementation
    2. Oxygen: Breathing, Meditation, Spirituality
    3. Circulation: Exercise/movement programming
- Comprehensive approach to Fitness/Wellness and long-term athlete/client partnering focused on Nutrition.



## Corrective Phase

- Nutritional program for identified weaknesses and deficiencies.
- QRA testing required
- Typically 3-12 months, then to maintenance phase.
- Restore optimal function of the human body..  
“the best shape of your life” at any age.



# Biomechanical Workshop

- Stretching for Optimal Performance
- Movement and Body Rolling Techniques for Injury Prevention & Recovery
- Cutting Edge Fitness & Training Practices for Toning, Strengthening, and Realigning the Body.
- Pain Management and Stress Reduction Techniques that Are Essential For Peak Performance