

ACS Wrestling Junior Eagles

Wrestlers, wrestling parents, and other health “nuts”:

We have been asked by several parents about suitable “diets” and snacks for the wrestling team. Keeping in mind that a diet is whatever we swallow, then we are all on diets, some healthy and others, you get the point.

Our years of training and performing at the highest collegiate levels and continued focus on competition, give us personal experience that we can share with our team. Take the **free** advice we offer and blend it with the healthy eating habits that you have already established with your family. We encourage trying a few changes over time to allow the body to adapt.

Let’s begin with the basics:

Whole fresh foods (**opposite of processed, pre-packed, plastic/paper wrapped, concession stand fare**) are the base of any healthy diet. With a little planning of the grocery list, these foods can be put in a lunch box and are just as “convenient and fast” as _____ (fill in the blank).

Easy fresh fruits: Bananas, apples, oranges, grapes, raisins, plums, pears, peaches, berries in their season. Frozen fruit is good for a smoothie when fresh is out of season.

Easy fresh vegetables: Carrot sticks, celery sticks, grape tomatoes, spinach (replaces lettuce on a sandwich), broccoli, cauliflower.

Whole grains: Wheat breads, pastas, old fashioned oatmeal, cheerios, kashi.

Other good carbohydrate sources in limited amounts include brown rice, whole potatoes (includes skin), sweet potatoes.

Meat: Grilled or baked steak, chicken, fish, seafood, sliced ham or turkey (sandwich). Protein is the building blocks for growth, especially muscles. Unsalted nuts of any variety are an excellent substitute and easily packed.

Dairy: Low-fat or non-fat milk, plain yogurt (with fresh/frozen fruit – see above), low-fat cottage cheese

This is not a complete list of the possibilities, but a few ideas on getting started with proper fueling for performance and muscular development.

Now let’s cover snacks and “tournament meals.” These should be eaten just after school, just after practice, and between matches to keep the fat burning metabolism high while feeding starving muscles.

Peanut butter and honey on wheat bread

Peanut butter on graham crackers

Protein powder, fruit, yogurt smoothies

Plain yogurt with fruit

Cereal bars

Unsalted nuts – all varieties

Water!!!!!! “Sport drinks” only make you thirsty and are loaded with sugar.

Many of you will have questions and/or great additional suggestions. Please share either with any of the coaches when you see us between practices or matches.

Coaches Mason & Stradley

“I do not care if you win; I care how you win. I do not care if you lose; I care how you lose.”

“Shake your fear of losing. All winners have lost, and accept it as a bump in the road.”

“Everyone wants to win; only champions want to prepare.”