Shaler Area Wrestling Association
2409 E Springwood Drive, Glenshaw, PA 15116
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Wrestling overview

Diet

The diet part of this is strictly a cleaner choice of meals, being mindful of what is fueling your kids. These are broken into food groups with a variety of healthy choices. By no means is this "it" as far as food goes. Its adapting to a lifestyle change for the kids, not only will they perform better. They will get stronger, more efficient, more energy, high hydration, better academically and be overall healthier in their day to day. As we all know wrestling is taxing in a lot of different aspects. This can be extremely hard mentally and physically for kids to maintain sufficient nutrient content in their day to day.

Our job with this outline was to give you all food groups to investigate to find recipes. Yes, it's going to require energy put in to help the kids perform at their peak potential. Yes, you can still cook and spoil them with food but remember we're looking for them to eat for a purpose not for nonsense because they like it. Any champion won't mind eating what allows them to perform at a high level. I'm not saying that this will make them champions, but it will 100% affect them in the highest degree to recover faster, be healthier overall in a very unhealthy sport.

By no means is this for 1 person, we designed this to be informative and allow you as parents to still have complete control and freedom to feed what you want, in the amounts you desire. All bodies are different, some kids might burn through food like nothing, others eat a piece of cookie and gain 3lbs. Be mindful in the amounts but this is designed to help you understand what food groups to focus on in their daily life.

Hydration

Something that all of us can agree is detrimental in multiple degrees, hydration should be a top priority as these kids are going through rigorous training for hours not including outside the wrestling mat. We're looking for the kids to be 1+ gallon of water a day breaking that down. Yes, it seems like a lot but we all should be taking this amount of liquids. The kids are young, they can get away with diet pop or juices, milk.

We're simply looking for 1+ gallon of liquid in their system. Keeping their kidneys and liver healthy and happy. Going into weigh ins sometimes it's necessary to cut water but it needs to be done in a very careful manner.

In a cut especially or maintaining flushing water also known as water loading is crucial for them to maintain hydrated and healthy. They will feel better mentally and physically in a hard spot.

Stress

Water loading and stress are a hard thing to handle especially for people or kids in this instance because it causes the body to retain water and hold onto that rather than "flushing the body". In a cut it's hard for kids to lose weight because they're stressed, worried about if they will make it, people being hard on them to make weight. Keep in mind to avoid stressing them out and keep them on a healthy sleep schedule. This is crucial for academic, performance, recovery and so many other aspects.

Pre weigh ins

This is also a big one I want to touch on. A lot of people think you should be restricting food, which ideally yes, you want to make sure they are eating nutrient dense foods for fuel and not fatty saturated foods like pizza, candy, ice cream, etc.

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Going back to hydration, fruit is a massive one that will keep them energized, but also carries water in them, so drinking on top of eating fruits will do a massive help on a cut. Foods that are slow digesting carbs are also massive in a deficit (cut). Keeps them fuller longer.

Never cut food completely or water completely. You're going to be hurting them more than helping. They're going to be lethargic, tired, hungry, grumpy, annoyed at the tiniest things. Terrible sleep no matter how early. Performance will be poor. Going into matches and tournaments, they need to be at a PEAK.

Sometimes things need to be done and not eating for 6 hours-8-10 hours can be tough but necessary in the moment. Consult an expert in this scenario.

Post weigh in

This can be helpful and harmful depending on what's being eaten. Kids haven't eaten or barely eaten for hours. The first thing you let them have is pizza? Wrong. Healthy meals should be served for a purpose of maintaining their energy and quality of wrestling or performance in the sport. If you fuel them with grease, sugar and other substances. It's only going to cause them to become lethargic, bloated, stomach pain, and more. It's completely counterproductive on what
the goal is. They're kids, it's up to us to be proactive and remember the end goal for THEM. You perform based on what's fueling your body.

Supplements

Kids Multivitamins
Fish oil 1000
Vitamin C 500-1000
Vitamin D 2000+
Essential amino acids any flavor.
(Similar to Gatorade just no sugar)
Protein powder whey Isolate or hydrolyzed

These are the main essentials to give them all nutritional values, amplifying recovery, hydration, bone and joint health, heart health, and muscle function.

I can list 1000 benefits of all of these, and these aren't NOT REQUIRED. This will just help give them a boost to overall help them as a benefit.

Meal plan by:
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