

EDISON HIGH SCHOOL WRESTLING-2009/2010

WELCOME LETTER FROM YOUR BOARD

THE EDISON HIGH SCHOOL WRESTLING BOARD OF DIRECTORS WOULD LIKE TO EXTEND A **WARM WELCOME** TO ALL NEW WRESTLERS AND THEIR FAMILIES, AS WELL AS ALL RETURNING TEAM MEMBERS!

YOUR 2009-2010 BOARD OF DIRECTORS ARE AS FOLLOWS:

BOB LEVINE, PRESIDENT...PH. 714-929-9085

MARY DRUCKER, TREASURER...PH. 949-872-3002

MARY HAUSER, SECRETARY...PH. 714-369-3819

WE ARE **EXCITED** TO ASSIST IN ANY WAY POSSIBLE TO MAKE THIS SEASON A HUGE SUCCESS FOR OUR WRESTLING FAMILY. AS IN YEARS PAST, THIS BOOSTER CLUB AND ITS BOARD ARE DEDICATED TO SUPPORTING THE WRESTLING PROGRAM AND ITS TEAM MEMBERS.

COACH LUIS RENTERIA HAS EXPRESSED TO THE BOARD HIS EXCITEMENT AND ENTHUSIASM FOR THE UPCOMING WRESTLING SEASON. WITH VETERANS RETURNING AND NEWCOMERS BATTLING FOR THEIR SPOTS IN VARIOUS WEIGHT CLASSES, IT'S SHAPING UP TO BE AN EXCITING YEAR. **COACH FEELS THAT WITH THIS WEALTH OF TALENTED ATHLETES, HIS ABILITY TO BRING BACK THE CIF TITLE TO EDISON HIGH SCHOOL THIS SEASON IS WITHIN OUR REACH!** IT IS UP TO EACH WRESTLER AND EACH WRESTLING FAMILY TO HELP ENSURE THAT OUR GOALS CAN BE REACHED. BY PRACTICING HARD, ATTENDING ALL MEETS, AND SUPPORTING ALL FUND RAISING EFFORTS WHEREVER AND WHEREVER POSSIBLE, **TOGETHER** WE CAN HELP ACHIEVE THIS WORTHY GOAL. WRESTLING IS A DEMANDING SPORT FOR BOTH ATHLETES AND THEIR FAMILIES. **COACH LUIS DEDICATES A TREMENDOUS AMOUNT OF TIME TRAINING OUR ATHLETES FOR COMPETITION. HE WILL EXPECT THEIR BEST EFFORTS, DEDICATION AND COMMITMENT AT ALL TIMES.**

ALTHOUGH THE WRESTLER IS ALONE ON THE MAT, HE IS ALWAYS PART OF THE **TEAM**", "AND SHOULD ALWAYS HAVE THE BEST INTEREST OF THE TEAM IN MIND, BOTH IN SCHOOL WORK AND IN PRACTICE.

WE URGE ANY FAMILY WITH QUESTIONS OR CONCERNS DURING THE SEASON TO FEEL FREE TO CONTACT ANY BOARD MEMBER **AT ANY TIME**. WE ARE HERE TO SUPPORT YOU AS WELL AS YOUR STUDENT ATHLETE.

GOOD LUCK, TEAM, AND "GO CHARGERS".

Wrestlers come into contact with bare skin constantly and therefore exposed to a couple of contagious skin ailments-Ringworm and Impetigo, definitions following. Your athlete needs to make personal hygiene a habit by immediately showering after practice and/or a tournament using an anti-bacterial soap like Lever 2000 or Dial, please make sure it says **anti-bacterial**. Using a dandruff shampoo can help the scalp and neck. Also make sure that your athlete changes his clothing and washes the soiled clothing and gear after each use.

Ringworm and Impetigo spread rapidly within a team, so by keeping everyone's body clean we can ward off any infections. Please tell the Coach if you suspect an outbreak. **Wrestlers can not wrestle with ringworm or impetigo**, so an outbreak can be devastating to the team.

Ringworm of the skin usually appears as a rash with patches that may be red, peeling, scaly, or have blister like bumps on the edges. The skin is often very itchy, and the rash can spread quickly. Typically, the patches spread along its outer borders while clearing at the center, giving it a ringed appearance, hence the name "ringworm." However, this pattern is not always seen. Treat by washing the infected area, drying, and then applying an **antifungal** medicine such as Tinactin or Lotrimin following directions on can or tube. Do not cover area with a bandage- it must stay dry and exposed to the air.

Impetigo- needs to be treated by a physician. A small patch of blisters that after a few hours breaks into a red, moist area that oozes or weeps fluid; appears mainly on the face, but also on exposed areas of the arms and legs. In a few days, formation of a golden or dark-yellow crust resembling grains of brown sugar. The infection may continue to spread at the edges of the affected area.

Cauliflower ear- is an acquired deformity of the outer ear. Because the ear is precariously perched on either side of the head, it is often vulnerable to blunt trauma. Wrestlers and boxers in particular are susceptible to this type of injury. When the ear is struck and a blood clot develops under the skin (a hematoma). The blood must be evacuated and treat any infection, and re-establish the skin connection to the underlying cartilage. Treatment requires draining accumulated blood (hematoma) through an incision in the ear and applying a compressive dressing to sandwich the two sides of the skin against the cartilage. Seek a physicians care.

NUTRITION AND DIET RECOMMENDATIONS

DESIGNED BY MARTY MORGAN, ASSISTANT WRESTLING COACH,
UNIVERSITY OF MINNESOTA

Here are some guidelines to follow for weight cutting the proper way. Some of the meals listed below can be substituted with similar foods as long as you stay within the food group. For example, if you don't have chicken, substitute some other type of meat.

First, never starve or dehydrate your body. The longer you go without eating, the less weight you will lose. Without water in your system, you will never be able to recover in one hour. The main idea is to work off your body fat by exercise. In order to exercise at the intensity we require, you must be eating proper foods and liquids.

- Avoid excess sugar foods and beverages • Avoid excess salt intake •
Eat several times a day in smaller portions

A typical menu for a work-out day should be as follows:

Wake up Drink 8-12 oz Juice (orange, vegetable, etc.) or water
Eat 1 piece of fruit and 1-2 pieces of toast
(bananas or oranges are the best; toast can be replaced with a bagel, muffin or pop tart)

Following a.m. Work-out - It is crucial to eat again at this point around 9 or 10 a.m.
Drink 16-24 oz Gatorade or water (whether you're thirsty or not!)
Eat 1 piece of fruit, bowl of oatmeal and one piece of toast
(Two pancakes can replace the oatmeal or toast)

Lunch (12:00 or 12:30 p.m.)
Drink 12-16 oz water with meal
Eat 75% carbohydrate/25% protein meal
(i.e. pasta with light sauce, 1 serving of meat, 1 serving of bread)
Dinner salad*
*(salad with carrots and mushrooms, can be with lunch or dinner)
Dessert
(small portion, something only to satisfy craving, i.e. 2 cookies)

Wrestling Work-out
After work-out drink 20-24 oz water and 8-12 oz Gatorade

Dinner (6:30 or 7:00 p.m.)
Drink 12-16 oz water or Gatorade
Eat 75% protein/25% carbohydrate meal
(i.e. 12 oz serving of turkey/chicken, 4 oz pasta, 1 serving of plain bread)
Dessert
(2 cookies or yogurt or something similar)

Late night (no later than 11:00 p.m.)
Bowl of cereal or granola bar with 8 oz milk. One cup of tea with melatonin added will aid digestion and help sleep

SUPPLEMENTS

Consult your doctor about any supplements. Vitamins and minerals have been shown to make your body work more effectively. Recommended supplements include glutamine, amino acids, multi-mineral, protein drinks and a multi-vitamin.

PRINCIPLES OF GOOD NUTRITION

Cutting and Maintaining Weight

Once you've determined your weight class, you should next develop a plan for making and maintaining the weight. Plan your diet to lose not more than 2-3 pounds each week. For example, if you determine you want to lose 10 pounds, allow at least 5 weeks (2 lbs./week) to accomplish your goal. If you plan ahead, the gradual reduction in weight can be easily accomplished. Also, to achieve your goal, you must understand the principles of good nutrition.

Food Pyramid

Wrestlers can achieve a balanced diet by following the dietary guidelines provided in the food pyramid. The training table guidelines listed below indicate the minimum number of servings from each food group for each day. The menus in Appendix A show examples of these recommendations.

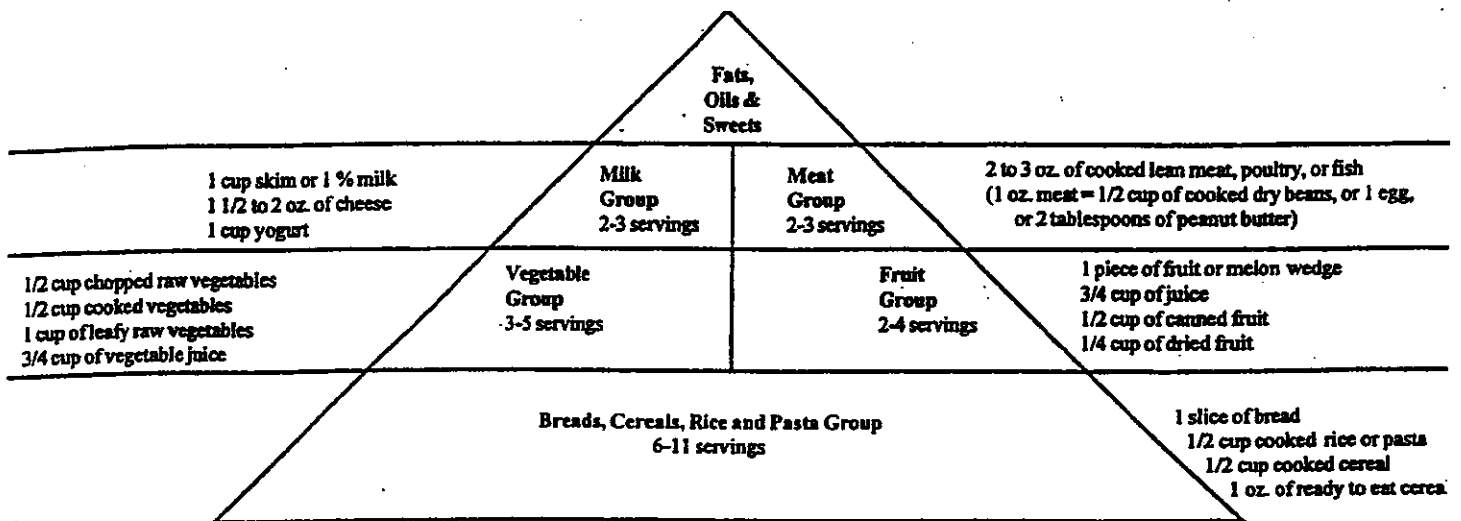
The pyramid is divided into 4 levels according to the needs of your body. The base of the pyramid contains foods including grains such as oats, rice and wheat, and the breads, cereals, noodles and pasta made from them. Try to choose 6-11 servings of these products each day to ensure a solid foundation for your diet. Foods from this group are high in complex carbohydrates, which are the main energy source for training and other body functions.

The next level of nutrition in the food pyramid includes foods from the vegetable and fruit groups. These foods include all fresh, frozen, canned and dried fruits and vegetables and juice. These groups are loaded with vitamins and minerals, carbohydrates and fiber. It is recommended that your diet consists of 3-5 servings of vegetables and 2-4 servings of fruit each day to ensure an ample supply of vitamins, minerals and carbohydrates.

The next level of nutrition in the food pyramid consists of 2 food groups: the dairy products, including milk, yogurt and cheese; and the meat products, including meat, poultry, fish, dry beans, eggs and nuts. These groups are rich in proteins, calcium, zinc, iron, and vitamins, and are essential for healthy bones and muscles. Choose low fat dairy products and lean (low fat) meat products to get the full advantage of these foods without excess fat calories. Your diet should include 2-3 low fat servings from the dairy group each day, as well as 2-3 servings from the meat group each day. Appendix A give some examples.

The top of the food pyramid includes nutrients that should be used sparingly in your diet, including fats, oils, and sweets. Many of these nutrients are already present in foods previously discussed and are often added in processed foods. Be careful in your selection of foods and check food label for added sugars and fats that can add calories to your diet without significantly increasing their nutritional value.

TRAINING TABLE GUIDELINES



Calories

A "calorie" is a unit used to describe the energy content of foods. Your body requires energy, and the food you eat supplies that energy. When you take in more food calories than you use, those extra calories are stored as fat, and you gain weight. Weight loss occurs when you consume fewer calories than you use. This causes your body to utilize its stored fat for energy, and you lose weight as a result. Losing weight gradually helps assure that mostly fat will be lost. Losing weight too quickly will cause you to lose muscle and water in addition to fat, sapping your strength and endurance in the process. Gradual weight loss is best accomplished by combining your training with a *slight reduction* in food intake. Remember, your body requires a certain amount of energy and nutrients just to keep you alive and healthy.

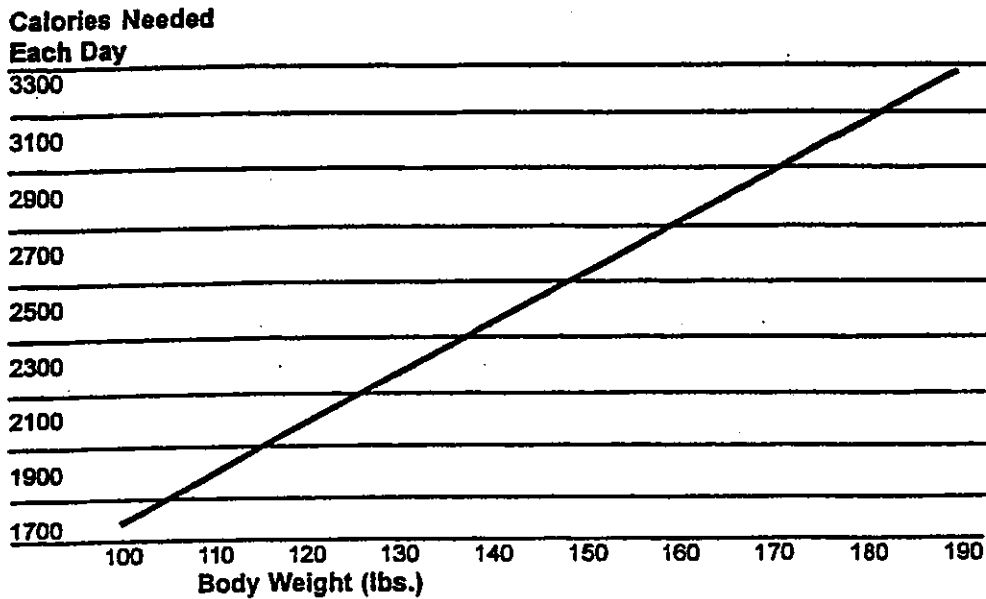
For this reason, your caloric intake should not fall below 1,700-2,000 calories per day.

In planning your diet, it will be helpful to estimate how many calories you need each day. Caloric needs differ from wrestler to wrestler depending upon body size and activity level. You can estimate the minimum number of calories you need each day by using the graph in Figure 1. Appendix A contains examples of 2,000 calorie menus to help you plan your diet. Appendix B can help you plan to eat wisely at fast-food restaurants.

Gradual weight loss is best accomplished by combining your training with a slight reduction in food intake. Remember, your body requires a certain amount of energy and nutrients just to keep you alive and healthy.

Figure 1

Determine the *minimum* number of calories for your goal weight.



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. These nutrients work together to build and fuel your body.

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 dehydration harms performance.

It is important to drink plenty of fluid 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 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 1/2 cups of fluid 2 hours before training or competition.
- * Drink 1 1/2 cups of fluid 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 breads, pasta, cereals, fruits and vegetables.

FATS

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 so 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 four basic food groups, you will consume all the vitamins and minerals your body needs. Including ample portions of fresh fruits and vegetables in your diet will help ensure an adequate intake of vitamins and minerals. Vitamin and mineral supplements are usually unnecessary, but if you like to have the added "insurance" of taking a supplement, choose a vitamin and mineral supplement that does not exceed 100% of the Recommended Daily Allowance (RDA) for each nutrient.

If you eat a balanced diet from the four basic food groups, you will consume all the vitamins and minerals your body needs. Including ample portions of fresh fruits and vegetables in your diet will help ensure an adequate intake of vitamins and minerals.

EATING BEFORE TRAINING OR COMPETITION

When you eat can often be as important as what you eat before competition and between matches in a tournament. When you eat a regular meal, it takes about three hours for the food to be completely digested and absorbed. As a result, meals are best eaten three to four hours before competition. For athletes too nervous to consume solid foods before competition, special sports nutrition supplements may be an option. Carbohydrate supplements and liquid-nutrition supplements can be taken up to one hour before training or competition, but you should experiment with such products to make certain that you do not experience discomfort. A properly-formulated sports drink can be consumed before, during, and following training or competition to help minimize dehydration and provide a source of energy to working muscles.

METHODS OF WEIGHT CONTROL THAT SHOULD BE AVOIDED

Dehydration

Weight loss in wrestling 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: only about 2 pints per hour, and it takes up to 48 hours for the water balance in your tissues 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.

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).

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. Avoid using any of these types of products to lose or maintain weight.

SUMMARY

Research has shown that practicing proper methods of weight control is 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* provides the necessary information to help you achieve the highest level of performance possible. The psychological advantages of maintaining good nutritional practices are great: you'll wrestle better if you feel good physically and mentally. You will also wrestle better knowing that you have done *everything* possible to be at your best.

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.

APPENDIX A

Sample Menus and Snacks: 2,000 Calories

Breakfast

Blender Drink	
Banana, 1.....	100
Milk, 1 cup 2%.....	120
Peanut Butter, 1t.....	95
Toast, 1 slice.....	70
Jam, 1t.....	15
Calories.....	400

Lunch

Hamburger on Bun	
Bun.....	120
Grnd. Beef, 2 oz.....	120
Catsup, 1T.....	20
French Fries.....	220
Milk, 1 cup 2%.....	120
Oatmeal Raisin Cookies(2) (2 1/2" diameter).....	120
Calories.....	760

Dinner

Roast Pork, 3 oz.....	220
Baked Potato.....	100
Broccoli, 1 stalk.....	20
Margarine, 2t.....	70
Bread, 1 slice.....	70
Sliced peaches, 1 cup.....	130
Milk, 1 cup 2%.....	120
Calories.....	730

Snack

Lo-cal Pudding, 1 cup.....	130
----------------------------	-----

Total Calories..... 2020

Breakfast

Grapefruit Juice, 6 oz.....	75
Unsweetened Cereal, 1 cup.....	110
Banana, 1 medium.....	100
Milk, 1 cup 2%.....	120
Toast, 1 slice.....	70
Margarine, 1t.....	35
Jam, 1t.....	15
Calories.....	525

Lunch

Chicken Salad Sandwich	
Bread, 2 slices.....	140
Chicken Breast, 2 oz.....	120
Lo Cal Dressing, 1T.....	30
Milk, 1 cup 2%.....	120
Apple, 1 medium.....	80
Calories.....	490

Dinner

Chili, 2 cups.....	600
Saltine Crackers, 12.....	160
Milk, 1 cup 2%.....	120
Carrot and Celery Sticks.....	10
Calories.....	890

Snack

Orange, 1 medium.....	80
-----------------------	----

Total Calories..... 2025

Breakfast

Apple Juice, 6 oz.....	90
Oatmeal, 1 cup.....	145
Raisins, 1T.....	30
Milk, 1 cup 2%.....	120
Toast, 1 slice.....	70
Margarine.....	35
Calories.....	490

Lunch

"Sloppy Joe"	
Hamburger Filling, 2 oz.....	200
Bun.....	140
Carrot and Celery Sticks.....	10
Milk, 1 cup 2%.....	120
Chocolate Chip Cookie 1 small.....	50
Calories.....	520

Dinner

Turkey Tacos	
Taco Shells, 3.....	210
Picante Sauce, 2 oz.....	30
American Cheese, 4 oz. shredded.....	220
Ground Turkey, 4 oz.....	310
Lettuce, Onion, Tomato, etc.....	10
Milk, 1 cup 2%.....	120
Calories.....	900

Snack

Orange, 1 medium.....	80
-----------------------	----

Total Calories.....199

Appendix A

Sample Menus and Snacks (Continued)

Breakfast	
Orange Juice 6 oz.	80
English Muffin	140
Peanut Butter, 1T	90
Banana, 1 medium	100
Milk, 1 cup 2%	120
Calories	530

Lunch	
Cheese Pizza, 2 slices.....	400
Milk, 1 cup 2%.....	120
Apple, 1 medium.....	80
Calories	600

Dinner	
Chicken and Noodles,	
1 cup.....	300
Cooked Carrots, 1/2 cup.....	25
Lettuce Salad.....	10
Dressing, 1T.....	60
Milk, 1 cup 2%.....	120
Calories	515

Snack	
Milk, 1 cup 2%	120
Fig Bars, 5	250
Calories	370

Total Calories..... 2015

Breakfast	
French Toast,	
2 slices.....	300
Syrup, 2 oz.....	200
Strawberries, 4 oz.,	
unsweetened.....	25
Milk, 1 cup 2%.....	120
Calories	645

Lunch	
Turkey Sandwich	
Bread, 2 slices.....	140
Turkey Breast, 3 oz.....	105
Lettuce, Tomato Slices.....	5
Lo-cal Mayonnaise, 1T.....	30
Milk, 1 cup 2%.....	120
Calories	400

Dinner	
Beef Stew, 2 cups.....	400
Dinner Roll, 1.....	70
Margarine, 1t.....	35
Applesauce, 4 oz.....	55
Milk, 1 cup 2%.....	120
Lo-cal Pudding, 1 cup.....	130
Vanilla Wafers, 6.....	100
Calories	910

Snack	
Popcorn, 2 cups, no butter.....	60
Diet Soda, 12 oz.....	0
Calories	60

Total Calories 2015

Breakfast	
Cantaloupe, 1/4	60
Egg, poached	75
Toast, 2 slices	140
Margarine, 1t	35
Jam, 2t	30
Milk, 1 cup 2%	120
Calories	460

Lunch	
Tuna Pocket	
Pita Bread, 1.....	120
Tuna, 3 oz.....	100
Lo-cal Mayonnaise, 2T..	60
Lettuce, tomato slices... 5	
Pretzels, 1 oz.....	110
Milk, 1 cup 2%.....	120
Calories	515

Dinner	
Broiled Turkey Breast,	
3 oz.....	130
Wild Rice Pilaf, 1 cup.....	270
Spinach Salad.....	15
Dressing, 1T.....	60
Angel Food Cake, 1 slice.....	125
Chocolate Syrup, 2T.....	75
Milk, 1 cup 2%.....	120
Calories	795

Snack	
Pineapple, 1 cup.....	150
Graham Crackers, 3 squares.....	80
Calories	230

Total Calories 2000

APPENDIX B

EATING OUT WISELY

You can maintain your training diet when eating at a restaurant if you are careful about what you order. Pay attention to how foods are prepared. Choose food that is baked, broiled, boiled, or poached. Avoid food that is breaded, fried, or served in gravy. Limit your use of butter, margarine, mayonnaise, sour cream, cream cheese, and regular salad dressings. Instead, use barbeque sauce, ketchup, mustard, relish, and vegetables for toppings. Do not be afraid to ask for food served "your way;" ask for extra vegetables in sandwiches or on pizza, skip the extra cheese or extra meat, request skim or 2% milk, and specify the topping you want.

When you know you will be eating out, carefully choose low-fat foods for your other meals that day. Also, take along your own fresh fruit to munch on after the meal instead of ordering desserts.

When eating a meal at a fast food restaurant, don't make it a dietary disaster. A typical fast food meal is high in fat and low in calcium, vitamin C, and vitamin A. It is difficult to choose a high-carbohydrate meal at a fast food restaurant. Beware or you can eat half of your caloric allotment in one meal. Examples of high carbohydrate, low fat meals at fast food restaurants are shown in Appendix D.

APPENDIX C

HOW TO CALCULATE YOUR MINIMUM BODY WEIGHT

1. To Calculate Your Fat Weight:

Multiply your weight in pounds by your percent fat (as a decimal). For example, if you weigh 140 lbs. and are 12% fat:

$$140 \times 0.12 = 16.8 \text{ lbs of fat}$$

2. To Calculate Your Lean Body Mass:

Subtract your fat weight from your body weight:

$$140 - 16.8 = 123.2 \text{ lbs. of lean body mass (LBM)}$$

3. To Calculate Your Minimum Wrestling Weight:

Divide LBM by .93:

$$123.2 \text{ divided by } .93 = 132.5 \text{ lbs. of body weight at 7\% fat}$$

4. To Calculate Your Maximum Fat-Weight Loss:

Subtract your calculated body weight from your present weight:

$$140 - 132.5 = 7.5 \text{ lbs. of fat weight to lose}$$