

***Items needed for Dual Meets and Tournaments***

**Prep foods loaded with Carbohydrates and Proteins**

**Grains:**  Bagels, whole grain breads, granola, rice, ramen noodles low sodium

**Fruits:** Bananas, apples, oranges, dried fruit, etc.

**Vegetables:** Broccoli, carrots, celery, tomatoes, etc.

**Dairy:** Greek Yogurt, light cream cheese, Medium or Sharp cheddar cheese

**Protein:** Peanut butter, hard boiled eggs, turkey, chicken

**Sport Bars low in sugar:** Mixture of protein and carbohydrates (i.e., “**KIND” bars)**

**Fluids:**  Water and Pedialyte

 **Other Items**

**Blankets**, stadium chairs, towels & dial soap (for athletes to shower after tournament), baby wipes (for athletes to wipe down after matches)

**Extra workout** clothes if you need to cut weight prior to weigh-ins.

**Homework**

**Wrestling bag**, wrestling shoes, running shoes, head gear (and hair piece if needed), mouth piece (if required), uniform (singlet, shorts, sweats, t-shirt, jacket), special braces, knee pad (if needed)

**Doctors note** if treating a skin infection (see WIAA Skin form on first page of KR wrestling website or WIAA website)

**Recovery between bouts**

**By Steve Fraser, Olympic Gold Medalist**

We have probably all had those tournaments where we felt stronger each match we encountered. Where we felt like we were hitting on all cylinders and nothing could stop us. And at the end of the day we were still hungry for more. Our attitude was one of: “Bring it on!”

Like-wise… we probably have all had those tournaments where we felt tired and sluggish. Where our bodies felt brittle and stiff. And as each match was completed we got even more tired, weak and stiff. Where each match was a struggle to get up and ready for. Ugh!

On the day of a wrestling competition we all want to feel good and at our best. Of course we want this so that we can perform at our highest potential. And even if we start the day feeling good, as the day goes on we all have a tendency to get tired and sore from the grueling matches and struggles. Both mentally and physically we can start to exhaust ourselves. This is natural and expected. However, if we practice proper recovery techniques and tactics through-out the day, we can eliminate a lot of the negative and increase our potential to perform at our peak level.

Recovery between bouts on a given day of competition is very important when trying to wrestle to our best potential. How we act and what we do in between matches can often determine how well we feel through-out the entire day. Obviously the goal is to recover as much as possible from one match to the next, allowing for maximum performance in each bout.

**Recovery between Two Bouts in One Day; A report to the FILA Coaches Conference:**

This report includes techniques and tactics on how to recover in between two bouts in one day of competition.

**Initial Warm Up**:

First of all a good initial warm-up at the beginning of the competition day (before the first bout) is essential in properly preparing one’s mind and body to compete effectively. This warm-up will help to ensure that the wrestler performs to his/her best potential throughout the entire day of competition. The warm-up can be very individual in nature depending upon the wrestler’s preferences and mentality.

An example warm-up should/could include the following:

1. Slow/Light Jogging
2. Stretching, Bridging (all joints and muscle groups)
3. Drilling, Favorite Technique
4. Sprint Wrestling /Explosion – getting hear rate up (195-205 beats/minute) (simulate match)

Good warm-ups should include the main components such as:

1. Easy progress in activity. This means starting slow and gradually increasing the intensity of the warm-up.

2. Good stretching of all muscles and joints.

3. Good squeezing and applying pressure on various body parts.

4. Stretching the lungs and cardiovascular system (heart).

5. Fast twitch muscle explosion and sprinting.

**In Between Two Bouts:**

In between bouts there are a variety of techniques and tactics that should be focused on to increase the potential of recovery and preparation for the next bout. We have divided those tactics into two stages. The first is the **recovery stage** and the second is the **preparation stage**. The recovery stage includes the time immediately following the end of the match… until the time when the wrestler will

start to prepare for his next match. The preparation stage, of course, begins when the wrestler is starting to prepare for his/her next match… up through the actual match itself.

Here are some points to focus on in the recovery stage:

Recovery Stage:

1. Relax, bring heart rate back to normal
2. Stretch muscles, cool down
3. Thinking about the good things from the match and do some match analysis
4. Mentally relax to conserve energy before a match (focus on something other than your match before the time comes to warm-up for the next match)
5. Fluid intake, replenish water, maybe a sport drink
6. Food intake, light sport bars or fruit (individual preference)
7. Massage, Relax, Recover muscles
8. Some wrestlers like to watch other matches including their teammates.
9. It is important for athletes to sit down and cool down before they warm-up for the next match

Here are some points to focus on in the preparation stage:

Preparation Stage**:**

1. Start focusing for the next match
2. Athlete reminds them self of past successes and how they have every right/opportunity to win
3. Keep mental edge, Scouting, Strategy planning
4. Begin warm-up – individual focus
5. Moving faster, pulse back up, pummeling
6. Nice, good stretching and flexibility
7. Get ready for the match mentally and physically
8. The Warm-up can be less intense than initial warm-up

If there is an actual session break, where the wrestling tournament is stopped for a period of time, then here are some additional points to consider:

Session Break:

1. Sleep between sessions is important (give body and mind a break from stress)
2. Important for athlete to find their individual system and strategy for staying mentally relaxed, getting the right amount of rest, fluids and nutrients.

In summary, the recovery that can be maximized in between bouts in one day of competition plays an important role in increasing the wrestler’s potential of performing at his highest level. By first getting a good initial warm-up at the beginning of the day (morning) and then by following proper relaxation and recovery techniques and tactics, followed by very effective preparation and warm-up activities, you will enhance the wrestler’s ability to perform at his/her greatest potential. Coaches and wrestlers both play an important role in ensuring maximum recovery and preparation in between bouts.

As always…expect to win!