

# The Care and Feeding of an ENHS Wrestler

To Parents and Wrestlers,

Here's what to expect during the wrestling season and a few tips on how you can make it easier on yourselves and/or your wrestlers.

1. Practice: We will practice weekdays from 4:30 to 6:30pm. Any change to this will be announced ahead of time. If a wrestler misses practice during the week, they will NOT compete that weekend.
2. Equipment: Wrestlers must provide their own wrestling shoes and practice clothes. Practice clothes cannot be the same clothes used for gym class for hygienic reasons. If your child has braces, they will require a mouth piece. All other gear will be provided.
3. Hygiene: We will clean the mats EVERYDAY before practice with a disinfectant, but it is important that wrestlers shower as soon as they get home. They should use regular soap. DO NOT use anti-bacterial soap. Practice clothes should be washed after every use. Skin rashes happen, but they are easily treated and prevented.
4. Diet: We DO NOT cut weight. It's not healthy and it's not fun. However, we do work extremely hard, so it's not uncommon for wrestlers to lose a little fat during the season. Some wrestlers come into the season wanting to slim down, others want to bulk up. Either way, weight changes happen in the kitchen, not the wrestling room. Here's what we recommend food wise.
  - a. Eat these: Fruits, Vegetables, meats and complex carbs.
  - b. Don't eat this: Sugar.
  - c. Drink this: Water.
  - d. Don't drink this: Anything with sugar in it.
5. Supplements: With a proper diet, supplements usually aren't necessary. The best protein supplements available are cows, chickens and fish. If a wrestler is trying to put on muscle during the season, a protein powder supplement will help.
6. Sleep: Sleep is a SUPER POWER and an important part of wrestling. Muscles don't grow when you're awake. You don't get stronger when you're awake. Lack of sleep during a wrestling season usually manifests as sluggish performance on the mat. It also makes the wrestler more likely to catch a cold.
7. Tournaments: We will have a tournament almost every Saturday of the season. We will meet at ENHS the morning of the Tournament and take vans to the event. Most tournaments last all day. Wrestlers should bring food or money for food, water and a pillow if they want to nap between matches. When our tournament schedule is finalized, a copy will be provided to each wrestler.
8. Sportsmanship: Wrestling is a VERY physical sport. It can be overwhelming at times for new wrestlers AND new spectators, but as Spartans, we MUST conduct ourselves with class at all times, win or lose. This includes friends and family in the audience.

If you have ANY questions or concerns, please let us know.

ENHS Coaching Staff: Bryan Bramhill and Matt Knieriem.