

Elyria Pioneer Wrestling
Health and Injury Information

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1. No wrestler will practice or compete without a valid physical card on file.
2. If you see a doctor, you **MUST** bring *written* clearance (i.e.: Billy can wrestle with no restrictions, signed and dated John Doe, MD). If we do not have this on file in the athletic training room, you **WILL NOT** be allowed (by law) to practice (play).
3. We have priority scheduling with Drs. Krebs, R. Zanotti, Stanfield and D. Zanotti (orthopedics/sports medicine). For contact information, see us in the athletic training room.
4. In order to out-perform your opponent, you must have energy. Energy comes in the form of calories. To get calories, you must eat. **FOOD. GOOD FOOD!**
5. **Plan ahead** with your wrestling weight. It should be close to your current weight and **NOT ATTAINED OVERNIGHT!!!!!!**
6. For your body (and especially your muscles) to work properly, it must have enough water. Not counting exercise, that is eight 8 oz. glasses per day (64 oz.). Remember, your heart is a muscle. With severe dehydration, it will **STOP**. When you're thirsty, you're already dehydrated. You must be hydrated to proceed with body fat testing to wrestle competitively.
7. A physician must diagnose skin conditions (like ringworm, a fungus, and impetigo, a bacterial infection) **AND** the referees will request a **SPECIFIC** form prior to competition. These forms are available in the athletic training room or from your coach.
8. If you shower immediately after practice, you **SIGNIFICANTLY** decrease your risk for skin infection. The organism is simply washed off before it can make itself at home in your skin. We suggest an anti-bacterial soap.
9. Practice clothes and shower towels should be taken home and **washed** every day. Do not leave dirty, used clothes in the locker for further use. This will only increase the chance of skin infections for everyone!
10. Your body fat should not drop below 6%. If it does, your internal organs may stop functioning properly. Bioelectrical Impedance Analysis (used in the athletic training room) **DOES** have a margin of error and should be viewed as such. It is not gospel! Common sense works better than medicine here!

If you have any questions about the above information or any other concerns, please feel free to visit the athletic training room. Parents and athletes are more than welcome at almost any time.

Nutrition Basics

Types of Nutrients:

Carbohydrates – 4 Cal/Gram (used for energy)

- simple = sugar
- complex = starch

Protein – 4 Cal/Gram (used for tissue building and repair)

Fat – 9 Cal/Gram (energy stores; used last)

Energy:

One calorie equals 1000 calories (as heat units)

Your body uses carbohydrate and fat simultaneously.

When your body runs out of carbs, it changes protein into them, BUT this process is toxic, and “eats” your muscle. Also, your protein cannot be used for its true function of tissue building and repair.

Your Calories should come from:

Mostly carbohydrates (upwards of 60% of total calories)

Small amounts of protein (10 – 15% of calories)

Fat in moderation (25 – 30% of diet)

Tips:

Avoid added fats (such as butter on toast, cream sauces).

Drink no less than 64 oz. Of water per day, not including during exercise.

Eat frequently (every three to four hours) to keep metabolism up.

Be aware of what you are eating – Knowledge is Power!

Adopt healthy cooking habits (such as lower fat substitutes).

Read and understand nutrition labels.

Keep a food diary. Sometimes we “forget” exactly what we’re eating.

Do not severely restrict food intake; include MORE healthy foods!