

Creekview Wrestling

"Fat" Control Program

- I. Should I "cut weight"?
- A. Athletes should **NOT** "cut weight" to move to a lower weight class without following proper guidelines.
1. There has been **NO** scientific evidence that excessive rapid weight loss to compete in a lower weight class leads to success.
 2. There is scientific evidence that excessive rapid weight loss adversely effects performance.
 3. Excessive rapid weight loss is usually accomplished by methods considered illegal by: Georgia High School Athletic Association, National High School Wrestling Federation, and USA Wrestling.
 4. Athletes that "cut weight" excessively usually spend more practice time losing weight than developing technical proficiency.
- B. Athletes **SHOULD** attempt to compete at there optimum weight class.
1. Athletes should follow guidelines to compete at their lowest recommended percent body fat. (Avg. for high school athletes is between 8% and 11%)
 2. Athletes should attempt to maintain muscle power and increase muscle endurance.
 3. Athletes should compete in a state of hydration according to recommended guidelines.
 4. Advantages following recommended guidelines include: increased powers to weight ratio, power levels are higher at the end of a match, technical proficiency improves, and the athlete enjoys wrestling instead of hates making weight.
- II. What are the illegal rapid weight loss methods?
- A. Illegal weight loss methods include:
1. Use of sauna. (including sleeping in sweats layers of sweats)
 2. Use of steam rooms.
 3. Wearing plastics.
 4. Use of diuretics
 5. Use of laxatives.
- B. The methods describes are those most commonly used in excessive weight loss.

III. What are the appropriate guidelines and methods for reducing body fat and competing at my optimum weight class?

A. The first step is to determine your body fat percentage.

1. Body fat determinations will be conducted upon request of the wrestler.
2. Each wrestler will be given a printout that will give:
 - Body Density
 - Percentage of Body Fat (%BF)
 - Fat Weight (FW)
 - Fat Free Weight (FFW)
 - Minimum Wrestling Weight (MWW) @7%
 - The recommended (National High School Wrestling Federation) lowest body fat percentage for a high school wrestler is 7%.
 - Login I.D. and password to access weight loss plan and nutrition information
3. Access is @ <http://www.nwcaonline.com/>
 - a. Click on Weight Certification
 - b. Click on Scholastic Edition
 - c. Click on student athlete to login and view weight loss plan
 - d. Or click on Educational to get nutrition information

D. Begin fat reduction process early. – **You should start the first day of school**

1. There is no easy or quick way to reduce body fat! You have two options to reduce body fat. – **You MUST EAT to lose weight.**
 - a. Eat fewer calories than you burn by reducing how much you eat and maintaining a well balanced diet. Counting calories is important. **You should eat something nutritious every 4 hours.** Divide up your total calories for the day and space out the meals so you **eat 5-6 times per day.**
 - b. Burn more calories than you eat by increasing exercise. Most athletes use a combination of a controlled low fat, low calorie diet and increased exercise. It is possible for an athlete to lose 1.5% of their body weight per week as body fat. An athlete that loses more than 1.5% of their body weight per week **will also lose muscle tissue.**
2. Determine how long it will take you to get down to your ideal weight. E.g., you need to lose 7.5 lbs. @ 2lbs. /week; it will take approximately 4 weeks to get to your ideal weight.
3. Initial Dietary Suggestions to reduce calories
 - a. Drink Water – Carbonated drinks have empty calories that get stored as fat and the carbonation interferes with the bodies ability to carry oxygen to cells.
 - b. Reduce fat calories – Fried foods, Dairy products, ect.
 - c. Reduce total calorie intake by reducing meal portions, especially desert and reducing snacks between meals.
 - u. You will need energy for practice, the energy will come from complex carbohydrates

3. Your ideal weight may change over the course of the season so your appropriate weight class may change also. Reasons for change includes:
 - a. Increase in lean body mass due to growth or added muscle tissue.
 - b. Decrease in lean body mass do to loss of body mass from improper diet.

Information and recommended guidelines were obtained from *USA Wrestling Coach's Guide to Excellence* and articles from *Gatorade Sports Science Institute*, *National Wrestling Coaches Association* and *National High School Wrestling Federation*.