



STATELINE WILDCATS WRESTLING CLUB ALWAYS ON THE ATTACK



WEEK 1, NOV. 12, 2009

SPIRIT WEAR – LAST DAY IS TODAY TO ORDER BY CHECK, OR ONLINE DEADLINE IS SUNDAY, NOV 15TH

If you are not ordering online, please turn in your form **tonight** to Crystal Hart.

UPCOMING EVENTS:

December

- 5 Golden Eagles Kick Off Classic Tourn
- 13 Hononegah Kids Classic Tourn
- 20 Cary Matman IKWF Open Tourn

PRACTICE DATES:

November

- 17 Tuesday
- 18 Wednesday
- 19 Thursday
- 23 Monday
- 25 Wednesday

Happy Thanksgiving!

December

- 1 Tuesday
- 2 Wednesday
- 3 Thursday
- 7 Monday
- 8 Tuesday
- 9 Wednesday
- 14 Monday
- 16 Wednesday
- 21 Monday
- 22 Tuesday
- 23 Wednesday
- 28 Monday
- 29 Tuesday
- 30 Wednesday

UPCOMING TOURNAMENTS

Please sign up for December tournaments using the sign-up sheets at the end of the bleachers. Deadlines are coming up fast!

IMPORTANT NOTES ABOUT HYGIENE AND NUTRITION

Coaches and staff are dedicated to providing a safe, healthy and encouraging environment for every wrestler. Proper hygiene must continue at home as well. Here are some points to keep everyone safe and healthy:

- ✓ Wrestlers should shower immediately after practice/tournament with an antibacterial soap and washcloth. Defense Soap works best.
- ✓ A skin protectant may be used before and during tournaments (i.e., Kennedy Skin Cream) to prevent from skin diseases.
- ✓ Wrestlers can use an antibacterial sanitizer at tournaments after each match.
- ✓ Uniforms, practice clothing and towels should be washed after every use.
- ✓ Headgear (by hand), shoes and kneepads should be washed weekly.
- ✓ Air out your gym bag daily.
- ✓ Fingernails should be kept trim to prevent being scratched.
- ✓ Open cuts should be covered before attending practice or tournaments.

The key to success in wrestling includes a commitment to proper nutrition and healthy eating habits. Here are some suggestions:

- ✓ Don't skip breakfast. Breakfast will boost metabolism and fuel you thru the day. Eat consistent meals.
- ✓ Pre-competition: High carbohydrate foods will provide speed and power needed during a match. Carbo-loading is not needed and may cause you to be sluggish if not enough time to digest.
- ✓ Eat foods that will digest easy. If trying foods new to you, try them prior to competition.
- ✓ STAY HYDRATED! If you are thirsty, it's a late sign of dehydration.
- ✓ Here are some high carb foods: Chocolate milk, beans, carrots, corn, sweet potato, potato, yogurt, peas, apples, bananas, cantaloupes, oranges, pears, pineapples, grapes, watermelon, prunes, dates, raisins, raspberries, strawberries, bagels, biscuits, breadsticks, bread, buns, English muffins, cornbread, cereal, granola, Fig Newton bars, graham crackers, saltines, pancakes, waffles, pizza, pasta and popcorn.
- ✓ Protein is also needed and provides the body with energy. High protein foods include: Almonds, peanuts, sesame seeds, eggs, fish, chicken, cottage cheese and beans.

HELPFUL TOURNAMENT ADVICE – NEED YOUR INPUT

If you have helpful tournament advice that we could use, please email me at nvalach@statelinewildcats.com so it can be used in our newsletter. (I.e., bring bananas, sports drinks, something to read, etc.).

