

Making Weight & Performing Great for Wrestlers

Sources: Tavis Piattoly MS, RD, LDN, and Clint Wattenberg MS, RD, CSCS
<https://www.mysportsdconnect.com/product/making-weight-performing-great/>

I took part in an online seminar recently hosted by Tavis Piattoly and Clint Wattenberg. Clint is a fully certified dietician and a two-time NCAA All-American. He is the Coordinator of Sports Nutrition at Cornell and also works with many other wrestlers to help them make weight and wrestle great. The presentation was informative and thorough. Here are some key takeaways I gained that will help you along your season.

Dieting vs Weight Cutting

Dieting is a long-term adjustment to your nutrition and exercise in order to reach a competitive body weight. Weight cutting is a planned short term weight shift that the body doesn't notice. If you are over 20% body fat you need to diet. 15-20% body fat should consider dieting.

Weight cutting is not necessary. Weight cutting gives the wrestler a potential advantage of higher relative strength. Start your weight management program in September. Identify your target weight class and weigh your target weight or less at certification. Your target weight is about 3% higher than your weight class. $132 * 1.03 = 136$

Hydration Analogies

Glass of Water

You want your body to be a full glass of water. When the glass is full, additional water pours over the side and the glass weighs the same but has cleaner water. When the glass is empty additional water fills the glass up and remains in the system. You can pour water out of a full glass and still feel good. There is nothing to pour out of an empty glass.

Garden Hose

If you run a garden hose at a trickle the water takes a long time to make it to the end. The water is stale from laying in the hose. When you shut off the valve the flow stops immediately. If you run a garden hose at full blast the flow is immediate and is a lot. The water that comes out is fresh and clean. When you shut off the valve the flow continues for a while afterwards.

Target Weight

Your target weight is about 3%-5% above your weight class. Wrestlers that are hyper-hydrated and fully fueled will experience dramatic weight shifts throughout their day. Your target weight should be the average of those weight shifts. Here are some good benchmarks to pay attention to. Monday weigh-out should be below your target weight. Every other day your weight before

and after practice should be the same distance above and below your target weight. If your target weight is 136 you should come in at 138 and leave at 134, for example.

The Last 48 Hours

What Not To Do:

Starving - No fuel for days
Prolonged Dehydration - No water for days
Spitting - Gum, Candy, Dip, etc
Diuretics - Taking weight loss pills and laxatives

That sounds stupid, why do people do it?
Fear makes people do dumb things
Pride makes people do dumb things
(how many of you have heard an impressively stupid weight-cut story from an old-timer?)

Why Not?

Starving and prolonged dehydration drops your metabolic rate so you float less
Starving increases body fat storage so when you do eat it is sticky
Starving increases the craving for poor high energy food (and then see above)
Prolonged dehydration shuts down your kidneys so more impurities enter the bloodstream
Prolonged dehydration and spitting creates an empty cup that needs to be filled.

What To Do:

Drink 1-2 Gallons of water a day (8-16 water bottles)
Eat the right food 6 times a day (pickup the nutrition guide)
Morning workout everyday
48 hrs2w eat only energy dense and fiber low foods like peanut butter
48 hrs2w decrease sodium intake (gatorade and salty food)
36 hrs2w cut out carbs
24 hrs2w cut water
24 hrs2w At least 1 extra workout

How Do You Know You are Doing it Right?

Losing 3, 4, 5 lbs at practice
Floating +1 lb overnight
Weigh out of practice below target weight

Why Don't People Do This

It requires faith, the extra weight is scary
Poor Planning or Organization
They care more about eating tasty foods and drinks than winning at wrestling

Energy Dense Foods:

Eat Only Energy Dense Foods 2 days prior to weigh-in

Examples:

Peanut Butter

Nuts

Dried Fruit

Cheese, Whole Milk, Yogurt

Fatty Meats: Salami, Pepperoni, Sausage

Energy Bar

Olive or Canola Oil

High-Fiber Foods:

Fiber is something the body needs but NEVER ACTUALLY DIGESTS.

It helps regulate digestion.

It provides no energy and digests slowly.

Do Not Eat High Fiber Foods 2 Days before weigh-ins

Examples:

Breads

Peas, Beans, Vegetables

Berries and other Fruit

Pasta, Oatmeal, Cereal

Popcorn

Sweet Potatoes

Post weigh in plan

- 1) Drink High Protein Fluid like Muscle Milk, Refuel, or Chocolate Milk
- 2) Eat Quick Carbs like dried fruit, sports bar/gel/go, yogurt, fruit snacks, or pancakes
- 3) Then Eat Slow Carbs like oatmeal, bagels, multi-grain bread, noodles, pretzels
- 4) Then Add Protein Meals like deli meat, yogurt, or protein bars
- 5) Rehydrate with water when thirsty
- 6) Drink one chocolate milk after first match

Rules for Day One of Two Day Weigh-ins

- 1) Eat what you need but only what you NEED
- 2) Drink 1 Chocolate Milk and 1 Gatorade but water the rest of the day
- 3) Never go above 5% of weigh-in weight
- 4) Start cutting after your last match

Weight-Cutting Checklist

	Bedtime	Wakeup	Loss	M-Work	Loss	Pre-Pra	Gain	Po-Pra	Loss
S									
M									
T									
W									
Th									
F									
S									

Drink more than 8 bottles of water

Eat 6 small meals that follow the nutrition plan

Overnight float should be +1lb

Post-Practice loss should be 3, 4, or 5 lbs

Post-Practice weight should be below Target Weight

Post-Practice weight should be 2-3 lbs over day before weigh-ins

Saturday AM Weigh-in

Thursday After Breakfast eat only energy dense foods (weigh your food)

Thursday After Breakfast drink only water and cut out the salty food

Thursday After Dinner cut out carbs

Friday After Breakfast cut water

Friday after practice get in at least 1 extra workout 30-45 min

Friday Noon Weigh-in

Wednesday After Breakfast eat only energy dense foods (weigh your food)

Wednesday After Breakfast drink only water and cut out the salty food

Thursday After lunch cut out carbs

Thursday After lunch cut water

Thursday After practice get in at least 1 extra workout 30-45 min

Wednesday Night Weigh-in

Monday After Dinner eat only energy dense foods (weigh your food)

Monday After Dinner drink only water and cut out the salty food

Tuesday After breakfast cut out carbs

Tuesday After lunch cut water

Tuesday After practice get in at least 1 extra workout 30-45 min

