

2026-27

DRAGON WRESTLING



20
26

ATHLETEHANDOUT

The **STANDARD** is the **STANDARD**



Items	Due Date	Completed
Rank One Paperwork	8/24	
SPORT YOU If you are not signed up you will be dropped from wrestling	8/19	
Work Out Gear Running Shoes Tee shirts Wrestling Shoes	8/24	
Lockers	8/24	
Media Day Will start during the Period	8/21	
Athlete Handout signed (Athlete / Parent)	8/21	
USA Card Form	8/21	
Order Gear	8/28	
Leadership Packet - Optional	9/1	
1 inch 3 ring binder	8/24	



You've been invited to join

26-27 Round Rock Wrestlers

Use your **unique access code** below and follow the instructions.

Access Code
TPP7-AAAY

Join via Website

New Users

1. From your computer, phone, or tablet, visit **sportsyou.com**
2. Click **Get Started** and enter your email
3. Go to your email and click **Confirm Your Email**
4. Click **Enter Access Code** to enter code, then finish setting up your account

Existing Users

1. From your computer, phone, or tablet, go to **sportsyou.com** and log in
2. In left column, click **Join Team/Group**.
3. Click **Enter Access Code** to enter code, then **Join Team** or **Join Group**

Join via App

New Users

1. On mobile device download **sportsYou app** from the **App Store** (iOS) or **Google Play Store** (Android)
2. Open the sportsYou app and tap **Create Account**
3. Tap **Enter Access Code** to enter code, then finish set up

Existing Users

1. On mobile device log in
2. In bottom tray, tap **Teams/Groups**
3. Tap **blue + button**, then tap **Join Team/Group**
4. Enter access code and click **Join**



visit us at **www.sportsyou.com**
or in the app stores





You've been invited to join

26-27 Round Rock Wrestling Parents

Use your **unique access code** below and follow the instructions.

Access Code

UQKE-YPCJ

Join via Website

New Users

1. From your computer, phone, or tablet, visit **sportsyou.com**
2. Click **Get Started** and enter your email
3. Go to your email and click **Confirm Your Email**
4. Click **Enter Access Code** to enter code, then finish setting up your account

Existing Users

1. From your computer, phone, or tablet, go to **sportsyou.com** and log in
2. In left column, click **Join Team/Group**.
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or in the app stores



365EFFORT

DATE	TIME	EVENT	LOCATION	VM	VW	JV
08/26	6:30pm	PARENT MEETING	RRHS (TBD)	X	X	X
10/07	6:30pm	PARENT MEETING (If missed the 1st)	RRHS (TBD)	X	X	X
11/04	5:00pm	Black and Maroon Dual HOME	RRHS	X	X	X
11/11	6:30pm	Cedar Park Dual HOME	FIELD HOUSE	X	X	
11/14	10:00am	HUTTO / LEGACY RANCH Tri HOME	FIELD HOUSE	X	X	
11/17	6:30pm	Eastview Dual HOME	FIELD HOUSE	X	X	
11/19	4:30pm	JV DONNYBROOK (Vandy, TBD)	Vandegrift HS			X
11/20-21	ALL DAY	Cap Classic TOURNEY	TBD	X	X	
11/23-26 / 28-29	9:00-10:30am	Thanksgiving Practice (if in Town)	RRHS	X	X	X
12/2	6:30pm	Liberty Hill Dual HOME	FIELD HOUSE	X	X	
12/4	ALL DAY	JV LAKE BELTON TOURNEY	Lake Belton HS			X
12/5	ALL DAY	V LAKE BELTON TOURNEY	Lake Belton HS	X	X	
12/9	6:30pm	Rouse Dual Away	Rouse HS	X	X	
12/10	4:30pm	JV DONNYBROOK (Westlake, Liberty, CR)	RRHS			X
12/12	ALL DAY	Iron Tiger TOURNEY	Dripping Springs HS	X	X	
12/16	4:30pm	VARSITY DUALS Rock Wars	FIELD HOUSE	X	X	
12/17	4:30pm	JV Rock Wars	Westwood HS			X
12/19	ALL DAY	Doc Hess TOURNEY	College Station - Legends Center	X	X	X
12/28-31	9:00-10:30am	Holiday Practice	RRHS	X	X	X
1/2	ALL DAY	Chickenwing TOURNEY	Westside HS	X	X	
1/6	6:30pm	Leander Dual AWAY	Leander HS	X	X	
1/7	4:30pm	JV DONNYBROOK HOME (Vandy, TBD)	RRHS			X
1/8-9	ALL DAY	Cy-Fair TOURNEY	BERRY CENTER	X	X	
1/13	6:30pm	Westlake Dual AWAY	Westlake HS	X	X	
1/15	ALL DAY	JV TOURNY	Belton HS			X
1/16	ALL DAY	Lake Belton Varsity Tourney	Belton HS	X	X	
1/20	6:30pm	Cedar Ridge (SENIOR NIGHT)	FIELD HOUSE	X	X	
1/22	ALL DAY	JV DISTRICT	Westwood HS			X
1/27	ALL DAY	VARSITY DISTRICT	Eastview HS	X	X	
1/5-6	ALL DAY	UIL REGIONAL TOURNAMENT	Delco Center	X	X	
1/11-13	ALL DAY	UIL STATE TOURNAMENT	BERRY CENTER	X	X	

365EFFORT

DATE	TIME	EVENT	LOCATION	VM	VW	JV
08/05	6:30pm	Wrestle in College? Brief information meeting for those interested	RRHS - 700 Building	X	X	X
08/10-14	3:00-4:00pm	OPEN MAT	RRHS Wrestling Room	X	X	X
08/19	ALL DAY	First Day of School	RRHS	X	X	X
08/21	4:30pm	Media Day	RRHS Wrestling Room	X	X	X
08/24	4:30 - 6:00pm	NEW TO WRESTLING PRACTICE (every M/W - 8/24 - 10/7) Open mat for older guys	RRHS Wrestling Room	X	X	X
08/25	4:30-6:00pm	VETERAN WRESTLING PRACTICE (every Tu/Th - 8/25 - 10/8) Younger guys can join if room permits	RRHS Wrestling Room	X	X	X
08/26	6:30pm	PARENT MEETING	RRHS (TBD)	X	X	X
08/28	4:30-5:30pm	MATCH DAYS - Open Mat - Open to All (every Friday - 8/28 - 10/9)	RRHS Wrestling Room	X	X	X
08/29	ALL DAY	PRE-SEASON SUPER 32	League City, TX	X	X	
09/08-11	4:30-6:00pm	OPEN ROOM FOR PARENTS	RRHS Wrestling Room	X	X	X
09/15 or 16	4:30-6:00pm	Teach Your Parent (s) to Wrestle	RRHS Wrestling Room	X	X	X
09/23	4:30-8:00pm	HOMECOMING PARADE	RRHS	X	X	X
10/07	6:30pm	PARENT MEETING (if missed the 1st)	RRHS (TBD)	X	X	X
10/12 - 10/16		OPEN MAT (DOWN WEEK)	RRHS Wrestling Room	X	X	X
10/19		1st DAY OF IN-SEASON PRACTICE JV - 7:00-8:30 V - 4:30 - 6:30	RRHS Wrestling Room	X	X	X
10/03`	9:00am	Weight Certification	RRHS Wrestling Room	X	X	X
11/04	4:30-8:30pm	Maroon / Black Wrestle Off	100 Gym	X	X	X
11/07	9:00am	Make Up Weight Certification	RRHS Wrestling Room	X	X	X
11/08	ALL DAY	USA WRESTLING YOUTH Fundraiser	RRHS MAIN GYM	X	X	X
11/15	ALL DAY	USA WRESTLING Fundraiser	RRHS MAIN GYM	X	X	X
11/24	9:00am	WEIGHT CERTIFICATIONS	RRHS Wrestling Room	X	X	X
11/26-30	4:30-6:00pm	OPEN ROOM FOR PARENTS	RRHS Wrestling Room	X	X	X
11/30	4:30-6:30pm	Halloween Costume Practice	RRHS Wrestling Room	X	X	X
12/07	4:30pm	Wrestle Off (If Needed)	RRHS Wrestling Room	X	X	X
12/14	4:30pm	PICTURE DAY - TENTATIVE	RRHS Wrestling Room	X	X	X
12/18	4:30-6:30pm	UGLY SWEATSHIRT Practice	RRHS Wrestling Room	X	X	X
12/20	TDB	HOLIDAY PARTY	TBD	X	X	X
01/11	4:30pm	Wrestle Off (If Needed) - FINAL	RRHS Wrestling Room	X	X	X
03/01	4:30-6:00pm	Post Season FS/Greco Wrestling Begins - info to follow	RRHS Wrestling Room	X	X	X
03/11	6:00pm	WRESTLING BANQUET		X	X	X
05/27		LAST DAY OF SCHOOL				
06/07	TBD	SUMMER PRACTICE BEGINS	RRHS Wrestling Room	X	X	X

All rules will be subject to greater scrutiny based on the District Student Athlete Handbook and those guidelines spelled out in the handbook will supersede in any event.

ROUND ROCK WRESTLING

All Practices are mandatory. If you are going to miss, it is your responsibility to contact a coach **BEFORE** the practice. Missing practice **WITHOUT COMMUNICATION** may result in losing your spot and other disciplinary measures. All wrestlers must follow the school guidelines on academics, drugs, hazing, and alcohol. Failure to follow school rules may result in suspension or dismissal from the team.

- We will strive to achieve a positive environment where pride, effort, sportsmanship and teamwork are Emphasized.
- Develop a willingness to win in adversity...mental toughness
Develop self-confidence and self-reliability, through hard work, concentration and determination.
- Learn from our mistakes, realizing that every loss has a lesson.
- Develop good study habits, time management and academic skills. A winner on the mat should also be a winner in the classroom.
- Be accountable for your own actions. Knowing that what I do as an individual determines your success and failures, not referees, coaches, parents, teachers etc.

RR WRESTLING GOALS

Goal Number One - Academic Success

That each wrestler would realize their academic success by aiming high, show constant improvement, and carry the work ethic learned from the mat into the classroom.

Goal Number Two - Wrestling Success

That each wrestler would achieve their greatest potential in athletic performance, and by doing so, they would not only contribute to their own success as a high school wrestler, but to the overall success of their wrestling team as well.

Goal Number Three - Personal Growth

That each wrestler would realize a continuing maturity in their character traits---attitudes, and habits. Each wrestler should work hard, stay positive, and achieve. We want everyone to mature, develop self-confidence, and become a better person through learning self-discipline, cooperation, integrity, and teamwork.

WHAT DOES IT TAKE TO WRESTLE?

FIRST: you must be willing to pay the price for wrestling on a great wrestling team. To wrestle on this winning team, you must go all out in every practice session and match. Only great conditioning can give you the feeling of confidence and physical ability necessary to go all out. Each and every rule plays a definite role in attempting to achieve standards of conduct and in producing winning teams. Our standard of excellence applies to all parts of your life:

SECOND: You as a wrestler cannot do some of the things other students do. To be on a championship team, you have to be a champion yourself and be willing to "pay the price" of keeping strict training rules. Wrestling is not compulsory but rather for those people who want to wrestle the match and abide by our rules. You are representing the school, the coaching staff, and your parents.

ACADEMICS

- All wrestlers are student athletes. "Student" comes first.
- However, missing practice for homework is unacceptable except on rare occasions. Balance the school load and the athletic load at the same time. Wrestlers who are struggling in certain academic areas need to be responsible and ask for help from their respective teachers during tutorials or before or after school.
- Academic penalties are set by the school district and school administrators will make the final call.

PRACTICE

Practice Dress Code:

- All wrestlers must wear a school-appropriate T-shirt and shorts to practice. During the practice time, there will be no sweatshirts or sweatpants worn to lose weight.
- Practice time is a time to learn the sport of wrestling, not to lose weight for a future weigh-in. Any extra weight will need to be lost after regularly scheduled practice time.

Skin Issues:

- The coaching staff will perform regular skin checks during the season. However, If a wrestler finds something that looks suspicious, it needs to be brought to the attention of the coaching staff immediately. Wrestlers will need to get a skin form to bring to the Dr.'s office for the Dr. to sign.
- No wrestler can wrestle without a signed form.

Injury Policy:

- If a wrestler becomes injured, they are still required to attend practice; dress for practice, and do what you can to contribute to the team in any way.
 - If you feel a need to see a trainer, you must dress for practice, see a coach, and go before practice begins. Trainers are there in the morning before school.

Class Policy:

- Everyone enrolled in the wrestling class is expected to be in the class the entire class period.
- Those in the class period, not going to the state meet, or regional meet are expected to participate in ALL practices, in class and after school until the State Meet is complete.
- The wrestling class will not be utilized for class work or make up work except on designated study hall days.
- Upon completion of the season, there will be a 1 week decompress period followed by the start of the Off Season.

COMPETITION

- Any display of unsportsmanlike behavior toward an opponent, official, or spectator during the season may result in suspension, loss of position, or possible dismissal from the team.
- All wrestlers must stay on the team bench until dismissed by the coaching staff. Team bench (which includes behind the bench) is for wrestlers, managers, and coaches ONLY
- No wrestler will be dismissed from a tournament OR Dual and must ride the bus back with your team
- All wrestlers who weigh-in for a dual meet whether or not wrestling must be in uniform and sit on the team bench with their designated team (JV/V) until the dual meet is complete.
- In order to receive a letter, ***you must finish out the season*** and meet the Lettering Criteria

LETTERING POLICY

A wrestler at Round Rock High School will receive a Varsity Award Letter by accomplishing any one of the following:

- A wrestler will receive a Varsity Award Letter if he earns 25 team points during the season.
- Points are earned in varsity dual meets and Tournaments (bye / forfeits do not count toward the point total)

In a meet, the points toward a Varsity Award Letter are earned as follows:

- 1 point per match in a Varsity Tournament/Dual
- 3 points – win by decision in Varsity Competition
- 4 points – win by a major decision in Varsity Competition
- 5 points – win by fall or technical fall in Varsity Competition

Placing Top 3 in a Varsity Tournament

- Athletes will be awarded points based on Tournament scoring and placement.
- A wrestler can also receive an award letter by qualifying for the individual Regional Championship
- A wrestler can also receive a Varsity Award Letter by being recommended by a coach due to outstanding accomplishments, loyalty, or dedication.

OFF SEASON EXPECTATIONS

- When the season ends, which is the day after the last postseason competition, there is approximately 3 weeks between the completion of high school wrestling and the beginning of Freestyle and Greco seasons.
- The RR coaching staff encourages all of our wrestlers who are not actively involved with spring activities to compete in the Olympic style season.
- The Olympic style season starts in March and will conclude sometime in July. This is an opportunity to work toward accomplishing the goals you have set for your high school wrestling season.
- Camps are not a requirement; however, we encourage you to attend the summer wrestling practices starting in June and ending in August.

WEIGHT CLASSIFICATIONS:

Men's: 106, 113, 120, 126, 132, 138, 144, 150, 157, 165, 175, 190, 215, 285

Women's: 100, 105, 110, 115, 120, 125, 130, 135, 140, 145, 155, 170, 190, and 235

Growth Allowance: A two-pound growth allowance takes effect on December 27

WRESTLE OFFS

How are Maroon and Black team positions determined?

- A wrestler does not automatically receive the right to wrestle-off for a Maroon or Black team position. It is always the coach's discretion as to which wrestler will compete and represent Round Rock High School. This decision will be based on a team first policy - simply stated: "What is best for our team?"
- In order for a wrestler to earn the wrestle-off or challenge, the wrestler must be in good standing academically and consistently following team rules.
- A Wrestle-off schedule will be posted in the wrestling room. The first wrestle-offs will take place in November. After the initial wrestle-off has taken place and each weight class has been determined, a ladder system will be used for all subsequent wrestle-offs for the remainder of the season.
- The coach will then determine whether the challenger merits a wrestle-off. If the coach agrees, then a wrestle-off will take place.
- Wrestlers must be within 5lb's of the weight class they are challenging on the wrestle off day.

What is a ladder system?

- A ladder system means that you must climb the ladder to reach the top. Each rung of the ladder constitutes a step closer to the #1 spot (Maroon Team). If there are 3 wrestlers at a weight class and the initial wrestle-off has already been determined then the challenge process will occur as follows:

A. Maroon Team member	1st spot
B. 1 st Black Team member	2nd spot
C. 2 nd Black Team member	3rd spot

- If wrestler C wants to challenge A then he must ask for a challenge match and go through wrestler B to get there. The challenger must win the **FIRST** wrestle-off match in order for it to go to a best of three. If the challenger loses his challenge match then the wrestle-off is over. (there will not be a best of three).
- If wrestler B wants to challenge A then he must ask for a challenge match and if the coach agrees then a challenge match will be scheduled based on the wrestle off schedule. If wrestler B wins the **FIRST** challenge match then it goes to a best of three. If wrestler B wins 2 out of 3 then wrestler B becomes the Green Team member and has earned the Top Spot. If the challenging wrestler loses the 1st match, the wrestle off is done.
- However, if Wrestler A has had a winning record week to week and is performing at a high level, it will also be put into consideration whether a wrestle off should take place.
- If a wrestler is not fulfilling his academic or athletic expectations for the team then he may be removed from the Top Spot / the Maroon team.

Does a Black Team Member get to wrestle with the Maroon Team?

- There will be times when a Black Team member will travel with the Maroon Team. The coach will contact the Black Team member as soon as possible when he is expected to travel with the Maroon Team. Due to illness or unforeseen reasons, the Black Team member may be asked to travel with less than 24 hours' notice. Be ready when opportunity comes and knocks on your door.

Wrestling Program Agreement:

Please read, sign, and return to Coach Peterson or Coach Hamilton

- I have received a copy of the schedule and Athlete Handbook.
- I understand that Pre-season practice starts August 24th 2x per week. Monday / Wednesday for new wrestlers. Tuesday / Thursday for Veterans. 4:30-6:00
- Friday's are match days for those who want to start to get a feel for matches.
- I understand that when the season starts, I am required to attend practice (New to Wrestling practice will be 7:00-8:30am and Veteran Practice will be 4:30-6:30pm, starting October 20,2026.
- I understand that if I am in town over Thanksgiving break and Christmas break, I need to be at practice (see calendar).
- I understand that when we travel as a team, I'm required to go to the event and leave the event with the team.
- I understand that when it's a home event, I need to be there until the end to clean up with my team.

Student-Athlete Printed Name: _____

Student-Athlete Signature: _____ Date: _____

III. Parent/Guardian Acknowledgment & Consent

By signing below, I certify that I am the legal parent/guardian of the student-athlete named above, and that I have read and reviewed the Athlete Handout with my child.

I agree to:

- Support the coaching staff and athletic department in enforcing the academic and behavioral standards required of student-athletes.
- Embody positive sportsmanship as a spectator at all athletic events.
- Ensure my child gets to regularly scheduled practices

• Parent/Guardian Printed Name: _____

• Parent/Guardian Signature: _____ Date: _____

2026-27

DRAGON WRESTLING

STUDENT LEADERSHIP COUNSEL



20
26

The STANDARD is the STANDARD

How to Build a Positive Team Culture as a Student Leader

The Impact of Team Culture

Team culture has a huge impact on how a team performs, stays motivated, and grows together. When a team is filled with negativity, cliques, and a lack of trust, it's hard to stay focused and work as a unit.

Signs of a Negative Team Culture

- Small groups that exclude others
- No trust between teammates or coaches
- Constant complaining and negativity
- Inconsistent effort in practice and games

Signs of a Positive Team Culture

- Teammates encouraging and supporting each other
- Strong relationships with coaches and players
- Everyone committed to working hard and improving
- Taking responsibility and holding each other accountable

A strong team culture doesn't just happen on its own. It takes effort and leadership to build an environment where everyone feels valued and motivated.

Leading by Example as a Student Leader

How You Lead Shapes Your Team

A strong team culture starts with leadership, and that doesn't just mean the captains. Whether you have a title or not, the way you act, train, and support your teammates sets the tone for everyone around you. Real leadership isn't about being the loudest or the most talented. It's about showing up every day and making your team better.

How to Lead by Example

- Give your best effort in every practice and game, no matter the score
- Pick teammates up after mistakes instead of bringing them down
- Show respect to coaches, teammates, and even opponents
- Keep a positive mindset and stay locked in when things get tough
- Be inclusive by making sure everyone feels like part of the team

Great leaders don't try to control their team. They earn respect by their actions, and that respect inspires others to step up. If you want to build a winning culture, start by leading the way.

Strengthening Team Relationships

Strong Teams Are Built on Trust

A great team needs talent, but it also requires trust and strong relationships. When teammates support each other, they play better, work harder, and push each other to improve.

How to Build a Stronger Team

- Connect with everyone on the team, not just your closest friends
- Talk openly about challenges and goals
- Celebrate every win, big or small
- Start team traditions or do activities together outside of sports

When everyone feels included and valued, the team becomes stronger and more focused on reaching its goals together.

Addressing Negativity and Changing Team Culture

- Address negativity in a direct but constructive way.
- Instead of letting complaints bring the team down, encourage teammates to focus on finding solutions
- Talk with your coaches about ways to improve team dynamics and create a more supportive environment.
- Most importantly, set the standard yourself by showing effort, teamwork, and respect every day.
- A toxic culture won't fix itself. It takes strong leaders who are willing to step up and make a difference.

Culture is Built by Leaders

- A strong team culture doesn't just appear on its own. It's built by leaders who inspire, support, and push their teammates to be better.
- When student-athletes create an environment of trust, accountability, and encouragement, the entire team grows stronger.
- Leadership isn't just about winning games. It's about making sure every teammate feels valued, motivated, and ready to improve.

An athletic leadership council is a structured group of student-athletes designed to share leadership responsibilities, build team culture, and act as a communication bridge between players and coaches, moving away from relying on a single team captain.

Core Purposes

- **Shared Leadership:** Distributes responsibility across 6-8 representatives from different grade or position groups rather than placing all pressure on one individual.
- **Communication Channel:** Gives players a safe forum to voice team concerns and allows coaches to gauge morale and receive feedback.
- **Accountability & Standards:** Reinforces positive locker room behavior, community values, and academic responsibility on and off the field.

Implementation Steps

- **Selection:** Use a hybrid method of coach recommendations and team voting to choose respected, character-driven representatives and an interview process.
- **Regular Meetings:** Meet for 20 to 30 minutes weekly in-season and bi-monthly out of season to discuss upcoming challenges, team rules, or community projects.

Captains Are a Title. A Leadership Council Is a System.

Build Dialogue, Not Just Monologues

- Leadership training should sound like a conversation—not a press conference.

The key to unlocking growth? Dialogue.

Real relationships—the kind that transform your team—are built through meaningful, face-to-face conversation. That means we must:

- Ask real questions.
- Let athletes wrestle with real issues.
- Create space for them to lead the conversation.
- A great leadership council session is one where everyone in the room talks about the same amount—not just the loudest, not just the seniors, but everyone.

Real Leadership Isn't Just About Feedback

- A real leadership council does more than ask, “What’s going on?”
- It teaches your athletes how to handle what’s coming. Because storms will come—losses, conflicts, finger-pointing, adversity.
- Captains need reps. Mental reps. Leadership reps.

Great leadership councils do four things:

1. Develop identity – Who we are and what we stand for.
2. Train for crisis – How we respond when things go sideways, because storms are always on the horizon.
3. Practice communication – Speaking clearly, listening actively.
4. Multiply leadership – From captains to contributors.

Team Selection and Meeting Guidelines

1. Size: Include 6-8 athletes, depending on the size of your program.
2. Selection Process: combination of coach selections and team votes, resumes and interviews, with filters in place to ensure quality.
3. Timing: Dedicate 20–30 minutes each week for meetings. Consistency helps build trust within the team.
4. Training Preparation: Come to each meeting prepared. Focus on teaching, discussing, reflecting, and applying what you learn.

Creating and Sustaining a Captain's Leadership Council [NIAAA]

By: Anne Campbell, CMAA and Ryan Frost, CMAA

- Captains are more than a person to call the coin flip at the start of the game
- Captains are more than a player with a letter on their jersey and something to add to their resume
- Captains are servant leaders for their peers and the team.
- Captains often help be the go-between for the coach and the team
- When properly trained, captains can best serve the team and community at large

Leadership Council

The purpose of the Leadership Council is to give athletes a leadership role and influence over aspects of the program. The members of the Leadership Council will also serve as the “captains” of the team.

Leadership Council member requirements and responsibilities:

- Fully support the purpose statement and core values of the program.
- Maintain high academic standards.
- Be a leader and active participant in off-season training.
- Attend Leadership Council/Captains meetings.
- Set a positive example for the team in terms of "attitude" and "effort" (the two values that all athletes have complete control over). Give a consistent effort and display a positive attitude every day.
- Communicate effectively with players and coaches.
- Work toward developing team cohesion/unity. Everyone is welcome. Everyone is valuable.
- Have the ability to confront problems and find solutions with anyone on the team; be a problem solver.
- Participate in non-mandatory activities and summer practice where all athletes are welcome.
- Be willing to make individual sacrifices for the betterment of the team.
- Attempt, through positive peer pressure, to recruit new players into the program.

Why have a Leadership Council?

As the title suggests, the Leadership Council is intended to help athletes become better leaders on and off the field.

- The Leadership Council empowers athletes.
- The council provides a place for the athletes to voice their concerns and ideas.
- The athlete will develop a better understanding of what is acceptable and unacceptable behavior, along with what would be appropriate consequences for such behavior.
- It will help build amongst the team and coaches better relationships, trust, leadership, communication, and ownership and accountability throughout the program. Creating more team cohesion.
- Positive peer pressure will become the norm. Blaming and finger pointing are replaced with mutual monitoring and reinforcement of policies and procedures.
- Conflicts and distractions do not linger in the program because the leadership council can address them and determine the best way to solve the issue.
- Athletes have the opportunity to provide input on the program, creating a greater sense of involvement amongst players.
- Athletes and coaches will develop a greater sense of trust and "buy in" with the program.

NOTE: Those involved in the Leadership Council will not be the only members on the team that are trained in leadership. Leadership is an essential trait under character development and will be taught to all athletes in the program. The members of the council will be in a unique position to guide the program, but that does not make them the only leaders. We want to create a program wide culture of leadership.

Phase 1: Launch and Application Packets

- **Announce the council:** Explain the purpose, eligibility rules, and timeline to the entire team.
- **Distribute packet requirements:** Give candidates a clear checklist of the materials they must submit.
- **Collect athletic resumes:** Require a one-page overview detailing their academic standing, athletic achievements, and past leadership roles.
- **Gather recommendation letters:** Require one letter from a non-coaching adult, such as a teacher, community leader, or employer.

Phase 2: Democratic Team Voting

- **Host a nomination meeting:** Allow interested athletes to briefly state their intent to run.
- **Distribute blind ballots:** Give every team member a ballot to vote for peer leaders.
- **Use ranked voting:** Ask players to list their top three choices to ensure broad team support.
- **Calculate the peer score:** Use these votes as a major criteria point, not the sole deciding factor.

Phase 3: The Interview Process

- **Screen the applications:** Filter out any candidates who failed to submit their resume or letter of recommendation.
- **Schedule panel interviews:** Sit down with each remaining candidate for 10 to 15 minutes.
- **Include diverse perspectives:** Form an interview panel consisting of the head coach, an assistant coach, and a school administrator or counselor.
- **Ask situational questions:** Focus on scenarios like resolving locker room drama, handling a losing streak, or confronting a friend breaking team rules.

Phase 4: Selection and Onboarding

- **Evaluate the matrix:** Combine scores from the peer vote, application quality, and interview performance.
- **Finalize the roster:** Select a balanced group that represents different age groups or position units.
- **Notify the candidates:** Meet individually with those who did not make it to offer constructive feedback.
- **Host the first meeting:** Gather the new council to sign a leadership contract and set expectations for the season.

WHAT DO I NEED TO DO TO BE SUCCESSFUL?

Intent to be included in the Process: Athletes **MUST** create the following Portfolio to be involved **AND VOTED ON** by your **PEERS**:

Create a Professional Portfolio

1. **Resume & Recommendations**
 - a. **Experience** - Show active participation in sports, clubs, or school groups.
 - b. **Commitment** - Demonstrates reliability and long-term involvement.
2. **Written Response (below both questions)**
 - a. **Content and Ideas**: Offers realistic goals to improve the program.
 - b. **Quality and Tone**: Writes clearly and professionally.
 - c. **Effort**: Completes the prompt fully with depth and care
3. **Letter of Recommendation**: Need 1-2 Letters with your Portfolio.

MUST ANSWER BOTH QUESTIONS:

QUESTION 1: Wrestling requires both individual grit and team unity. How do you balance focusing on your own match while still being a leader for your teammates?

QUESTION 2: Describe a time you hit a wall during a grueling practice or a tough weight cut. How did you push through, and how can you use that experience to help a struggling teammate?

Intent to be included:	
Create Resume:	
Reference (s):	
Written Response:	
Professional Portfolio:	

365EFFORT

NAME:

GRADE:

An evaluation matrix for a high school athletic student leadership council uses a 100-point total scale. It scores candidates across three core areas: the interview (40%), the resume, recommendations (30%), and the written response (30%).

Evaluation Category	Weight	Key Criteria & Focus Areas	Scoring Range
Interview	40%	Communication skills, confidence, leadership philosophy, and ability to handle difficult scenarios or peer conflict.	0 – 40 Points
Resume & Recommendations	30%	Athletic involvement, extracurricular commitment, community service, and coach/teacher feedback on character.	0 – 30 Points
Written Response	30%	Clarity of thought, grammar, passion for school sports, and practical ideas for team building.	0 – 30 Points

Breakdown of Scoring:

- **Interview (40 Points Max)**
 - **Poise and Communication (10 pts):** Speaks clearly and maintains eye contact.
 - **Core Values (15 pts):** Shows integrity, positivity, and a strong work ethic.
 - **Scenario Response (15 pts):** Solves a sample problem involving a struggling teammate or coach. Commitment to the Team first.
- **Resume & Recommendations (30 Points Max)**
 - **Experience (10 pts):** Shows active participation in sports, clubs, or school groups.
 - **Commitment (10 pts):** Demonstrates reliability and long-term involvement.
 - **Coach Reference (10 pts):** Receives positive marks for respect and coachability.
- **Written Response (30 Points Max)**
 - **Content and Ideas (15 pts):** Offers realistic goals to improve the program.
 - **Quality and Tone (10 pts):** Writes clearly and professionally.
 - **Effort (5 pts):** Completes the prompt fully with depth and care.

CORE INTERVIEW QUESTIONS: (GIVE TO ATHLETES - COACHES CHOOSE)

Culture & Team Dynamics

1. How will you help a teammate who is struggling or wants to quit during a tough practice?
2. Wrestling can be an individual sport. How can you keep athletes who lose their individual matches focused on the overall team victory?
3. What steps will you take to make sure our first-year and junior varsity wrestlers feel included and respected by the older athletes?
4. If you notice a teammate coasting or cutting corners during conditioning drills, how will you address it?

Accountability & Leading by Example

1. Leadership in the wrestling room requires immense discipline. How do you plan to model accountability when you are exhausted or cutting weight?
2. If a close friend on the team violates a team rule or talks back to a coach, what is your responsibility as a leader?
3. How do you handle your own losses or poor performances in a way that still lifts up the rest of the team?
4. What does "mat presence" mean to you, and how does it impact the younger wrestlers watching you?

Conflict Resolution & Communication

1. If two teammates get into a heated, personal altercation during live wrestling, how do you handle it on the spot?
2. How will you act as a bridge between the coaching staff and the athletes when the team is frustrated with a coach's decision?
3. Describe a time you disagreed with a referee's call. How did you react, and what did that reaction teach your teammates?

CORE WRITTEN RESPONSES:

Defining Wrestling Leadership

- Wrestling requires both individual grit and team unity. How do you balance focusing on your own match while still being a leader for your teammates?

Handling Room Adversity

- Describe a time you hit a wall during a grueling practice or a tough weight cut. How did you push through, and how can you use that experience to help a struggling teammate?

Culture and Inclusivity

- The wrestling room can be intimidating for beginners. What specific steps will you take to make first-year and JV wrestlers feel valued and part of the team?

Accountability Under Pressure

- If a close friend and fellow wrestler is consistently skipping mandatory conditioning or breaking team rules, how would you handle the situation as a council member?

The Bridge Role

- Council members act as a bridge between the athletes and the coaches. If the team is frustrated with a coach's strategy or practice intensity, how will you handle communication?

2026-27

DRAGON WRESTLING



20
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The STANDARD is the STANDARD
MANAGERHANDOUT

The team manager acts as the logistical backbone of the team, handling the off-field administrative and operational duties so the coaches can focus on strategy and the athletes can focus on playing.

Administrative & Record-Keeping Duties

- **Taking Statistics:** Tracking stats for wins/opponents, etc.
- **Submitting Game Results:** Uploading final scores and player statistics to local media outlets, school websites, or athletic tracking apps (like MaxPreps).

Logistics & Equipment Management

- **Inventory Control:** Issuing uniforms, pads, balls, cones, and safety gear at the start of the season and collecting them at the end.
- **Gear Preparation:** Ensuring all necessary equipment is packed and ready for both home and away games.
- **Hydration Stations:** Filling, cleaning, and transporting coolers, bottles, and ice chests to the practice facility/gyms.
- **Uniform Care:** Organizing gear and laundry service for mat-cleaning items.

Game Day & Practice Operations

- **Helping set up duals:** Placing cones, setting up nets, positioning scoring tables, and preparing the scoreboard, etc.
- **Assisting the Coaching Staff:** Film-recording practices or events, and running errands during sessions.
- **Coordination:** Keeping track of the clock, warm-up schedules, and ensuring the team transitions smoothly between events.

Media

- **Filming & Photography:** Recording game footage for the coaches to review or capturing photos for the school yearbook and social media.
- **Music Management:** Managing the warm-up playlist and sound system before home matches.

Wrestling Team Manager Seasonal Handbook

Phase 1: Pre-Season Preparation (Weeks 1–4)

- **Roster & Clearances:** Help collect and verify that all wrestlers have submitted their physical examination forms, concussion waivers, and athletic department paperwork.
- **Equipment & Apparel Inventory:** Organize all school-issued singlets, warm-ups, headgear, and team gear bags using the *Equipment Inventory Tracker*.
- **First Aid & Hygiene Supply Check:** Audit the team medical kit. Ensure it is stocked with athletic tape, pre-wrap, gauze, disinfectant wipes, skin-cleansing spray, nose plugs (for bloody noses), and disposable gloves.
- **Manager Toolkit Assembly:** Prepare your personal game-day kit

Phase 2: Daily Practice Routine

- **Pre-Practice Mat Sanitization:** Ensure the wrestling mats are thoroughly mopped with an approved algorithmic/anti-fungal solution at least 15–30 minutes before wrestlers take the mat.
- **Attendance Log:** Record daily attendance, noting any unexcused absences, tardiness, or injuries keeping athletes on the sidelines.
- **Hydration Station:** Fill and clean the team coolers and set out sanitized individual water bottles - Mix Electrolytes.
- **Practice Timer:** Manage the digital wall clock or hand timer to keep drills, live wrestling periods, and conditioning sessions running strictly on schedule.

Phase 3: Home & Away Meet Operations

- **Scoring Table Operations:** Assign team members or manage the scoring table, tracking match points (takedowns, escapes, reversals, near-falls) on the scoreboard or scoring computer.
- **Match Videography:** Set up the camera or tripod at an elevated angle. Record every varsity match from whistle to whistle, making sure to capture the referee's signals clearly.
- **Post-Meet Statistics:** Compile all individual match results (e.g., Win by Fall 2:43, Dec 6-2) and input them into the school's athletic database or Trackwrestling portal.

Phase 4: Post-Season Wrap-Up

- **Gear Collection:** Collect all school-issued singlets, headgear, and warm-ups. Cross-reference items against the original check-out tracker.
- **Laundering Coordination:** Wash or coordinate the professional deep-cleaning of all returned team uniforms before storing them for the off-season.
- **Season Stats Summary:** Calculate the final season statistics, including total team points, individual win-loss records, pins, and technical falls for the end-of-season athletic banquet.

Logging & Inventory

Daily Practice Mat Sanitization & Health Check Log

Date	Mat Cleaned? (Y/N)	Sanitizer Solution Used	Time Completed	Skin Check Concerns Noted / Action Taken	Manager Initials

Uniform & Equipment Inventory Tracker

Instructions: Record the unique item numbers stamped on the gear when distributing them to athletes. Hold signatures until items are successfully returned in good condition.

Athlete Name	Weight Class	Singlet #	Warm-Up Jacket #	Headgear Checked Out? (Y/N)	Date Checked Out	Date Returned	Condition / Notes

Game Day Match Scoring & Stats Cheat Sheet

Individual Match Points Reference

- **Takedown (T3):** 3 Points
- **Escape (E1):** 1 Point
- **Reversal (R2):** 2 Points
- **Near-Fall (N2 / N3 / N4):** 2, 3, or 4 Points (Depending on the duration the opponent is held near the mat)
- **Penalty Points (P1 / P2):** 1 or 2 Points awarded to the opponent for stalling, illegal holds, or technical violations.

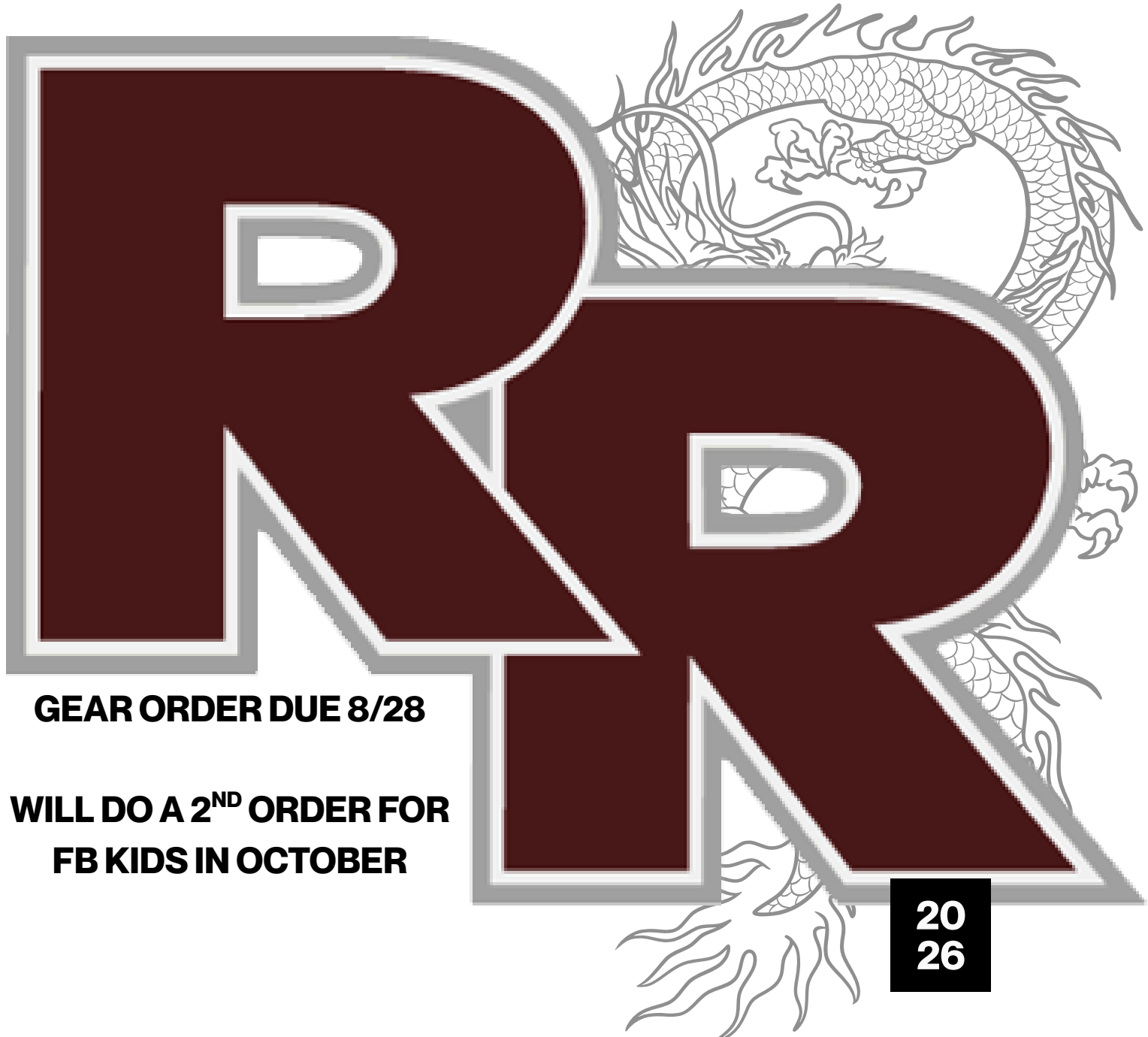
Team Dual Score Points Conversion

- **Pin / Fall (F):** 6 Team Points
- **Technical Fall (TF):** 15-point lead balance — 5 Team Points
- **Major Decision (MD):** Win by 8 to 14 points — 4 Team Points
- **Decision (D):** Win by 1 to 7 points — 3 Team Points
- **Forfeit / Default / Disqualification:** 6 Team Points

2026-27

DRAGON WRESTLING

ATHLETE / PARENT GEAR



GEAR ORDER DUE 8/28

**WILL DO A 2ND ORDER FOR
FB KIDS IN OCTOBER**

**20
26**

The STANDARD is the STANDARD

DRAGON WRESTLING

ATHLETE / PARENT GEAR

Athletes are not **REQUIRED** to buy Gear other than **SHOES**. Singlets, Warmups, and Headgear will be provided by the school for the season.

PRACTICE GEAR:

All Athletes will need to wear maroon, gray or white shirts to each practice. If it is not an RR Wrestling Shirt, it must be logo free.

Black Shirts are only worn in the room by Black Shirt Recipients. (They are **EARNED**)

CLUB GEAR:

Club Gear is not to be worn during practice or at Team Duals or Tournaments.



Becoming a Black Shirt



- Rewards those who are doing things that in our program are non-negotiable
- Nominees must receive unanimous approval from coaching staff and current "Black Shirts"
- Must outwardly display a deep love for what you do -- elite discipline, grit, selflessness, excellence
- Help team become more conscious of making decisions that will help the team to the next level

The Ohio State wrestling "Black Shirt" tradition is an elite internal honor established in 2019 by strength coach Riley Ross. While all team members train in standard gray practice shirts in the Jennings Wrestling Facility, only wrestlers who display exceptional toughness, leadership, and non-negotiable standards earn the right to wear a BLACK SHIRT.



EARN IT



Built, Not Bought
Demand More From Yourself
Earn the Right to WEAR BLACK

Servant Leadership
Excel in the Classroom
SAVAGE ON THE MAT

(FRONT)

1913 DAWG

(BACK)

RR
WRESTLING

EARN IT



1913 DAWG

Voted on by Seniors

Being a DAWG on a wrestling mat means having total confidence, relentless work ethic, and an unbreakable will to break your opponent. It is about dictating the pace, fighting off the bottom, and staying aggressive from the first whistle to the last second.

You Don't have to always win, but you have to always be a DAWG

LOADING

Maybe you'd like a sandwich?



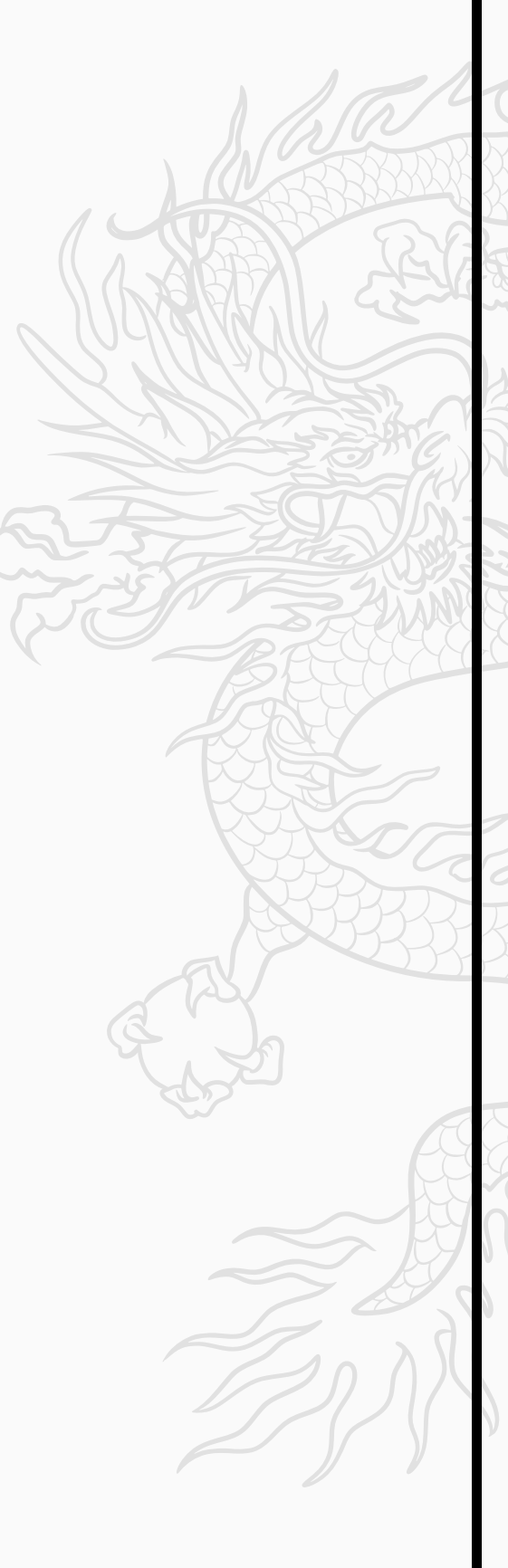
37%

NEW TRADITION

LOADING 2026

EARN IT

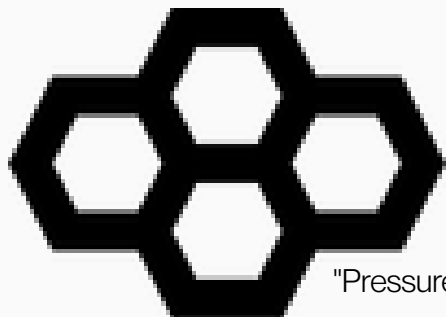
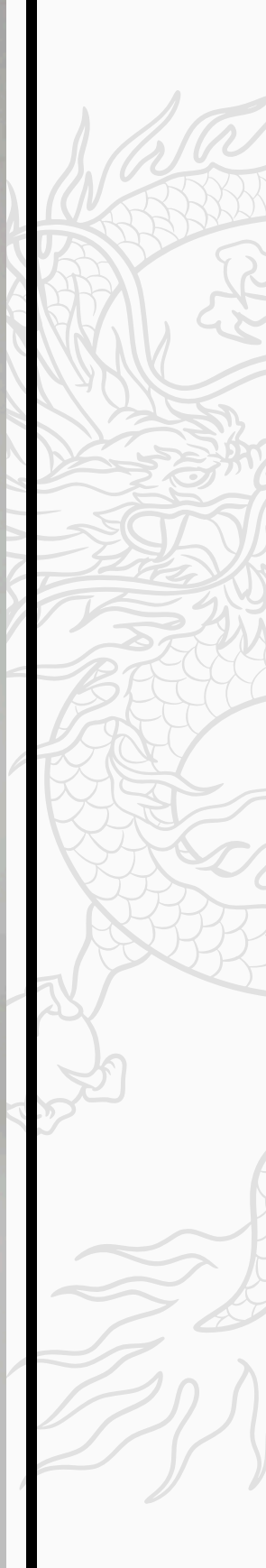




RUDIS Genesis Gearpack IV - Black/White
95.00

"Mental toughness is something you have deep inside you." — Muhammad Ali





RUDIS CINCH BAG
40.00

"Pressure is a privilege, it only comes to those who earn it." — Billie Jean King



"Obstacles don't have to stop you. If you run into a wall, don't turn around and give up. Figure out how to climb it, go through it, or work around it." —
Michael Jordan

RUDIS Tee
32.00





"It's not the will to win that matters—everyone has that. It's the will to prepare to win that matters."
- Paul "Bear" Bryant

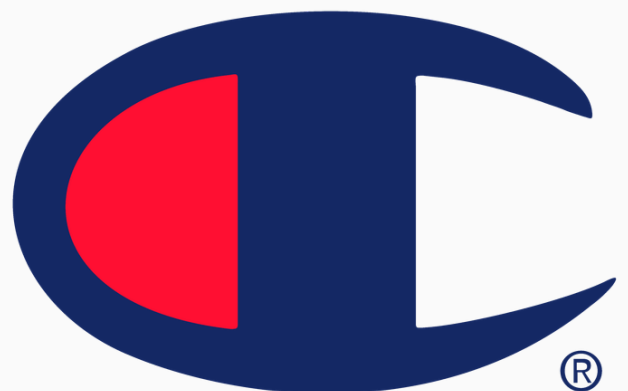


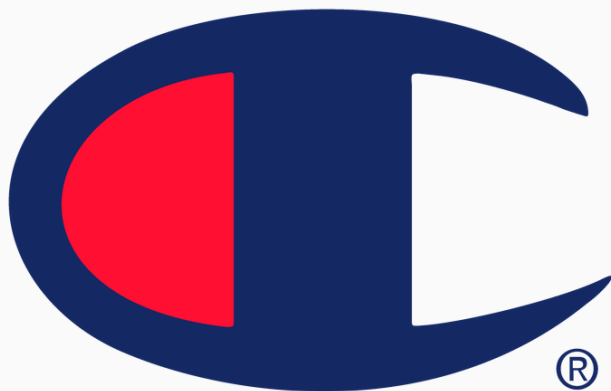
RUDIS Dri-Fit
35.00



Champion Reverse Weave Crewneck
50.00

"A champion is not the one who knows ten
thousand moves, but the one who has practiced
one move ten thousand times."
Burge Lee





Champion Reverse Weave Joggers
50.00

"Talent is God-given. Be humble. Fame is man-given. Be grateful. Conceit is self-given. Be careful."
— John Wooden



Practice Mesh Shorts
10.00



Practice Cotton Shirt
12.00

Practice Dri-fit Shirt
15.00

PRACTICE GEAR:

All Athletes will need to wear maroon, gray or white shirts to each practice. If it is not an RR Wrestling Shirt, it must be logo free. Black Shirts are only worn in the room by Black Shirt Recipients.

**If you are not confident in the work you did,
you didn't do enough Work. -EP**



UP YOUR SHOE GAME

SHOES:

There are several good online and local shoe options. Adidas, Rudis, Nike, Asics all make wrestling shoes. If you are new, older wrestlers can help you find the shoe that works best for your foot.

Wrestling shoes should fit like a tight, second skin—snug and secure with no sliding, but not painfully crushing your toes. Your toes should lie flat without overlapping, and your heel should not lift out of the back when you move.

"Gold medals aren't really made of gold. They're made of sweat, determination, and a hard-to-find alloy called guts."
Dan Gable

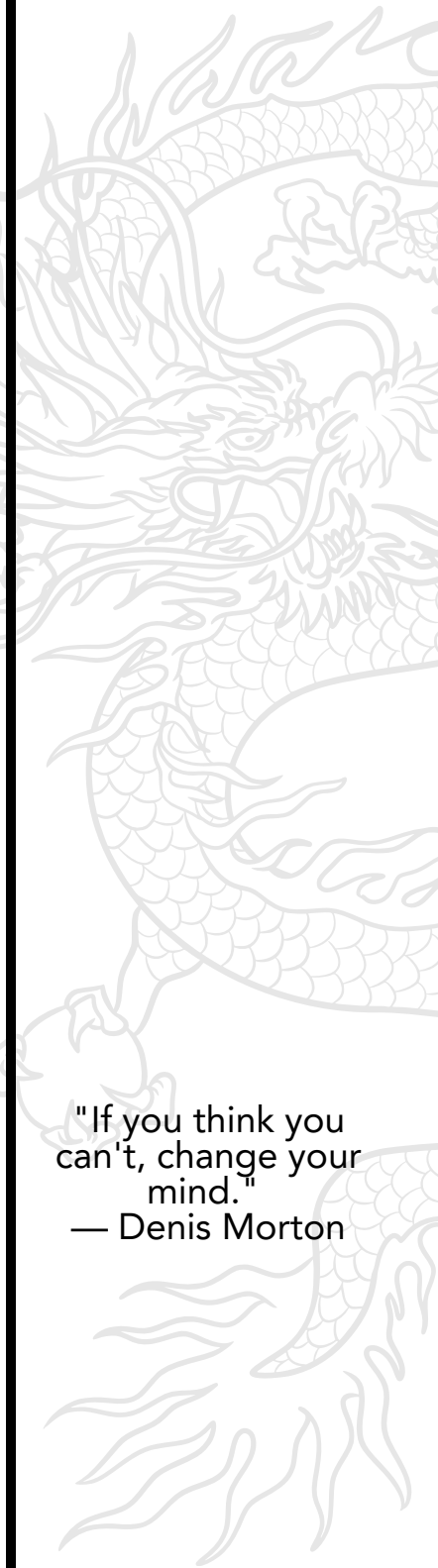


WRESTLING



RUDIS





"If you think you
can't, change your
mind."
— Denis Morton



FIGHT SHIRTS
40.00

FIGHT SHORTS
40.00



"I am confident because I put in the work." — Simone Biles

SINGLET W/NAME (WILL REPLACE DRAGONS ON BACK)
45.00





"I think that the good and the great are only separated by the willingness to sacrifice."
— Kareem Abdul-Jabbar



CAP
20.00



"Dreams are free. Goals have a cost. While you can daydream for free, goals don't come without a price. Time, Effort, Sacrifice, and Sweat.
How will you pay for your goals?"
-Usain Bolt

SOCKS
15.00



NAME	PRICE	QUANTITY	SIZE (S)	TOTAL	NAME ON BACK
RUDIS Backpack 	95		X		X
Rudis Cinch Bag	40		X		X
Rudis Gray Tee	32				X
Rudis Dry-Fit Shirt	35				X
Champion Crewneck	50				X
Champion Jogger	50				X
Mesh Shorts	10				X
Maroon Shirt	12				X
Maroon Dri-Fit Shirt	15				X
Fight Shirt w/Name	40				
Fight Shorts	40				X
SINGLET w/Name on Back	45				
Beanie	20		X		X
Socks	15		X		X
			TOTAL		

DUE 8/28

Check or Booster Website Pay

Legendary UCLA Basketball coach John Wooden began the first practice of every season by teaching his elite players how to properly put on their socks and tie their shoes to prevent debilitating blisters.

This seemingly eccentric lesson embodied his core philosophy that grand success is achieved only through meticulous attention to foundational details.





Good wrestling hygiene requires showering immediately after every practice or match using antibacterial or antifungal soap, wearing freshly washed clothes and gear daily, keeping fingernails trimmed short, and never wearing wrestling shoes outside or off the mat.

Personal Care & Body

- **Shower right away:** Wash within minutes of stepping off the mat using specialized soaps like **Defense Soap or Hibiclens**.
- **Trim nails: Cut fingernails** and toenails short and smooth to stop accidental scratching and germ transfer.
- **Check skin daily:** Inspect your body for red bumps, rashes, or suspicious lesions.
- **Cover all wounds:** Bandage scrapes or cuts securely before practice.

Gear & Clothing

- **Wash apparel daily:** Never reuse dirty shorts, shirts, singlets, or knee sleeves without laundering.
- **Gear:** Wear sleeves daily. If you can, wear long sleeve and leggings.
- **Disinfect equipment:** Wipe down headgear and pads with disinfectant wipes or spray after each session.
- **Protect shoes:** Keep wrestling shoes strictly on the mat; never wear them in bathrooms, locker rooms, or outdoors.
- **HeadGear:** To keep your ears protected, wear headgear during live goes during wrestling practice.

NEEDS:

1. Shower / Soap
2. Clean Gear Daily
3. Clean Towel Daily
 - DON'T SHARE TOWELS
4. SHOWERING IS NOT AN OPTION
5. Wear flip flops in showers.

TAKE GEAR HOME AND WASH IT

2026-27

DRAGON WRESTLING

MEAL GUIDELINE



20
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The **STANDARD** is the **STANDARD**

WORKOUT DAY MEALS

The goal when we hit the mat is to have an empty stomach and our glycogen storage full.

What is glycogen?

Glycogen is the stored form of glucose that's made up of many connected glucose molecules. Glucose (sugar) is your body's main source of energy. It comes from carbohydrates (a macronutrient) in certain foods and fluids you consume. When your body doesn't immediately need glucose from the food you eat for energy, it stores glucose primarily in your muscles and liver as glycogen for later use.

Your body creates glycogen from glucose through a process called glycogenesis. Your body breaks down glycogen for use through a process called glycogenolysis. Several different enzymes are responsible for these two processes.

An enzyme is a type of protein in a cell that acts as a catalyst and allows certain bodily processes to happen. There are thousands of enzymes throughout your body that have important functions.

Function of muscle glycogen stores

Muscle glycogen serves mainly as a source of metabolic fuel for your muscles. Your muscles need lots of energy to function in order for you to move. If your muscles relied on glucose from your bloodstream for this energy, your body would quickly run out of glucose.

Because of this, your body stores three-quarters of your total glycogen in all of your skeletal muscles so they have a consistent supply of energy, especially during exercise, without dramatically affecting the levels of your blood glucose.

The rate at which your muscle glycogen reduces is primarily related to the intensity of physical activity — the greater the exercise intensity, the greater the rate at which muscle glycogen runs out. As a result, high-intensity activity, such as repeated sprinting, can quickly lower glycogen stores in active muscle cells, even though the total time of activity might be relatively brief.

1. Your muscles restore with glycogen when you consume enough carbohydrates.
2. Hydration: Adequate hydration is important for glycogen storage and overall energy levels.
3. Protein Coingestion: Combining carbohydrates with protein, especially after exercise, can enhance glycogen synthesis and promote muscle repair.

Carbohydrates are made up of sugars like glucose, fructose, and galactose. They are either simple or complex, depending on the number of sugar units they contain

Complex carbohydrates

polysaccharides that provide sustained energy by releasing glucose gradually into the bloodstream. Here is a list of common complex carbohydrates:

Whole Grains:

White rice Quinoa Oatmeal	wheat bread barley buckwheat
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Starchy Vegetables

Potatoes sweet potatoes	peas corn squash
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Legumes:

Beans (black, kidney, pinto) Lentils	Chickpeas
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Pulses

Black beans Cannellini beans Chickpeas Kidney beans	Lentils Peas Pinto beans
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Starchy Vegetables

Acorn squash Beets Butternut squash	Delicata squash Parsnips Potatoes Sweet potatoes
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Fruits

Apples Bananas Blueberries Mangoes	Oranges Peaches Strawberries
---	------------------------------------

Simple Carbs for Pre-Workout:

1. Bananas: A great source of natural sugars, simple carbohydrates, and potassium. They are easily digestible and can be consumed about 30-60 minutes before exercise.
2. Honey: A natural sweetener that provides a quick source of energy.
3. Dried Fruit: A convenient option that offers a concentrated source of carbohydrates.
4. Granola Bars: Many granola bars are high in simple sugars and can be a convenient pre-workout snack.
5. Pretzels: A salty and satisfying snack that provides a good source of simple carbohydrates.
6. Applesauce

Important Considerations:

- Timing: Consume simple carbs 30-60 minutes before your workout for optimal results.
- Individual Needs:
 - For longer or more intense workouts, incorporate complex carbohydrates and protein (BASED ON TIMING) into your pre-workout meal to provide sustained energy and support muscle recovery.

Post - Workout

1. Ninety percent of the carbohydrates you consume after a workout of any kind goes to replenish glycogen stores.
2. Eat 15–25 grams of protein with carbs, which will start the muscle-repair process.
 - a. combine a simple carb with protein
 - i. chocolate milk
 - ii. honey in a protein smoothie
 - iii. Greek yogurt parfait with berries and honey

1 Hour Before a Workout

- Ricotta Cheese on Cinnamon Raisin Toast
 - Ricotta cheese is a creamy, delicious topping for carbohydrate-rich cinnamon raisin toast. It's also packed with calcium, a mineral that helps muscles contract
 - Spread 1/3 cup part-skim ricotta on a slice of whole-grain cinnamon raisin toast
 - 24 grams of carbohydrates plus 20 percent of daily calcium.
- Instant Oatmeal packet
 - portion-controlled plenty of carbs (19 to 27 grams per packet)
 - To boost carb intake, add banana slices or dried fruit
- Fruit Smoothie - blend 1 cup frozen berries, ½ cup non-fat plain Greek yogurt, ½ cup unsweetened vanilla almond milk and a tablespoon of honey.
 - 41 grams of carbohydrates

30 Minutes Before a Workout

- Piece of Fresh Fruit
 - Apples, bananas and oranges (roughly 15 to 20 grams of carbs apiece).

Post Workout

Easily digested foods will promote faster nutrient absorption.

High quality, easily digested foods:

Carbs	Protein	Fats
• sweet potatoes • chocolate milk • quinoa and other grains • fruits • rice cakes • rice • oatmeal • potatoes • whole grain bread	• whey protein powder • eggs • Greek yogurt • cottage cheese • salmon • chicken • protein bar • tuna	• avocado • nuts • nut butter • seeds • trail mix

Meals

Here are some quick and easy meals to eat after your workout:

- grilled chicken with roasted vegetables and rice
- egg omelet with avocado spread on whole-grain toast
- salmon with sweet potato
- tuna salad sandwich on whole grain bread
- whole-grain toast and almond butter
- quinoa bowl with sweet potatoes, berries, and pecans
- oatmeal, whey protein, banana, and almonds

Snacks

Here are some delicious snacks to eat after your workout and throughout the day:

- tuna and crackers
- cottage cheese and fruits
- pita and hummus
- rice crackers and peanut butter
- cereal with dairy or soy milk
- Greek yogurt, berries, and granola
- protein shake and banana
- whole grain crackers with string cheese and fruit

HYDRATION:

The National Athletic Trainers' Association (NATA) recommends drinking 500 to 600 ml (600 ml is 20 oz) Trusted Source of water within 2 to 3 hours before exercising, and 200 to 300 ml within 10 to 20 minutes of exercising.

Prioritize Rehydration and Fueling

- Start with electrolyte water or a sports drink and continue drinking water to replenish lost fluids.
- Carbohydrates:
Immediately after rehydration, focus on easy-to-digest carbohydrates to quickly restore glycogen levels.
 - Fruits
 - Pretzels
 - Bagels
 - Sports drinks

Add Lean Protein

- Lean Meats: Choose low-fat options like turkey slices or chicken breast.
- Eggs: An excellent and portable protein source rich in choline and Vitamin D.
- Fish: Provides lean protein and anti-inflammatory omega-3s.
- Protein Shakes: A convenient way to get BCAAs and glutamine to help muscles recover.

Lean meats and other sources of protein

- chicken
- turkey
- fish
- tender cuts of beef or pork and ground meats
- eggs

Fast vs. Slow Digesting Protein

Some proteins move more easily through the digestion process, making them more quickly available for the body to use. Protein digestibility is usually divided into three categories — fast, medium, and slow. Fast digesting protein takes one to two hours to digest. Whey is an extremely fast digesting protein, with an absorption rate of about 10 grams an hour, raising the level of amino acids in the blood for only about 90 minutes.

Medium digesting protein takes three to three and half hours to be absorbed. Examples of medium digesting proteins include egg white, whole egg, soy, and pea protein. Slow digesting protein takes more than four hours to digest. Casein is an example of a slow digesting protein, staying in the blood for four to five hours before being absorbed, providing a slow-release effect.

Fast Digesting

After a workout, consuming fast-digesting proteins can help with muscle recovery and growth.

1. Whey Protein: one of the fastest-digesting proteins available.
2. Egg Whites: Egg whites are high in protein and digest quickly.
3. Greek Yogurt: While it contains some fat, Greek yogurt is rich in protein and can be digested relatively quickly, especially if you choose low-fat varieties.
4. Fish: Lean fish like tilapia or cod is high in protein and digests faster than many other protein sources.
5. Chicken Breast: Skinless chicken breast is a lean source of protein that digests efficiently, particularly when cooked simply.
6. Protein Bars: Many protein bars are designed for quick digestion, but check the ingredients for added sugars and overall quality.

For optimal recovery, pair these protein sources with fast-digesting carbohydrates, such as bananas, white rice, or sports drinks, to replenish glycogen stores.

What is a slow digesting protein?

- Casein is an example of a slow digesting protein. Casein can be found in dairy products such as cow's milk, cream, yogurt, cheese, butter, etc.
- Chocolate milk contains both fast-digesting whey and slow-digesting casein proteins,

Casein Protein in Chocolate Milk

- Slow Release: Casein, which makes up about 80% of milk's protein, digests slowly.
- Muscle Repair: This slow, sustained release of amino acids helps repair and rebuild muscle tissue over a longer period, making it beneficial for post-workout recovery and for consumption before bed to support overnight muscle repair.
 - Digestion Process: In the acidic environment of the stomach, casein forms a curd, which delays its passage into the small intestine and allows for a gradual increase in blood amino acid levels.

The Combined Benefit

- The combination of slow-digesting casein and fast-digesting whey in chocolate milk provides a dual benefit: immediate recovery from whey and sustained muscle support from casein.
- The carbohydrates and sugar in chocolate milk also help replenish energy stores and promote nutrient delivery to cells.

To lose **2 lbs per week safely** without tanking your mat performance, you must maintain a steady **1,000-calorie daily deficit** through clean, dense nutrition. For most high school and college wrestlers training daily, a target of **1,800 to 2,200 calories** preserves lean muscle tissue, secures explosive energy, and avoids the dangerous "gassing out" that accompanies crash diets.

The core strategy focuses on **high protein** to maintain muscle mass (0.6g to 0.8g per pound of body weight), **complex carbohydrates** timed around practices for glycogen storage, and **anti-inflammatory, low-calorie volume foods** like vegetables to keep you full.

10 Daily Weight-Loss Meal plans for Wrestlers

SAMPLE MEAL PLANS (Days 1–10) focus on high-protein, moderate-carb, and low-fat foods to maintain energy while creating a deficit, utilizing lean proteins (chicken, turkey, fish, eggs), complex carbohydrates (oats, brown rice, sweet potatoes), and vegetables.

- **Days 1-5 (High Intensity):** Focus on sustained energy with meals like grilled chicken with brown rice, lean turkey, and egg-based breakfasts. Pre-practice snacks include fruit and almond butter.
 - **Days 6-10 (Refinement):** Include lean beef for iron, higher-volume vegetable intake, and strategic white rice/low-fiber foods closer to tournament day for easy digestion and reduced bloating.
 - **Rest/Low-Carb Days:** Utilize lean proteins and veggies to keep calories in check on lower-activity days.
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3 Unbreakable Nutrition Rules for Wrestlers

- **Hydrate Strategically:** Drink at least 1 gallon of water daily. Do not stop drinking water to lose fat; your body needs fluid to process calories efficiently. Cut water weight *only* under supervision immediately prior to weigh-ins.
- **Zero Liquid Calories:** Eliminate soda, sweetened juices, and sugary sports drinks. Stick to water, black coffee, and green tea. Save sports drinks strictly for intra-tournament recovery or immediate post-weigh-in rehydration.
- **Flavor Wisely:** Avoid heavy dressings, butter, and calorie-dense sauces. Use **mustard, hot sauce, lemon juice, and pickles** to flavor your food without adding fat or excess calories to your day.

To drop **2 lbs per week**, you need a daily target of **1,900 calories** with a strict macronutrient breakdown: **185g Protein** (to save muscle), **175g Carbs** (for explosive mat power), and **50g Fat** (for hormone health).

The schedule below assumes a standard school/training day with a **3:30 PM to 5:30 PM practice window**. If your schedule varies, keep the spacing identical: Eat complex carbs 2 hours before practice, simple carbs 30 minutes before, and rapid protein within 45 minutes of stepping off the mat.

The 10-Day Hourly Meal Blueprint

Day 1:

- **07:00 AM — Breakfast:** 4 large egg whites, 1 whole egg, 1/2 cup cooked oatmeal with cinnamon. (310 kcal)
- **10:30 AM — Mid-Morning Snack:** 1 cup low-fat Greek yogurt, 1/2 cup blueberries. (190 kcal)
- **01:00 PM — Lunch:** 6 oz grilled chicken breast, 1/2 cup brown rice, 1 cup steamed broccoli. (420 kcal)
- **03:00 PM — Pre-Workout Snack:** 1 medium banana, 1 tbsp rice cake with 1 tsp almond butter. (160 kcal)
- **05:45 PM — Post-Workout Recovery:** 1.5 scoops whey protein isolate shaken in water, 1 apple. (270 kcal)
- **07:30 PM — Dinner:** 6 oz lean ground turkey (93/7), 1 medium baked sweet potato, 1 cup green beans. (450 kcal)
- **09:30 PM — Night Snack:** 3/4 cup low-fat cottage cheese. (100 kcal)

Day 2:

- **07:00 AM — Breakfast:** 1 scoop protein powder mixed into 3/4 cup oats, 1 tbsp chia seeds. (380 kcal)
- **10:30 AM — Mid-Morning Snack:** 2 hard-boiled eggs, 1 small cucumber sliced with sea salt. (160 kcal)
- **01:00 PM — Lunch:** 6 oz deli turkey breast slice, 1 whole wheat wrap, romaine lettuce, mustard. (310 kcal)
- **03:00 PM — Pre-Workout Snack:** 1 cup sliced strawberries, 10 almonds. (130 kcal)
- **05:45 PM — Post-Workout Recovery:** 1.5 scoops whey protein isolate in water, 1 slice white toast with 1 tsp honey. (260 kcal)
- **07:30 PM — Dinner:** 6 oz lean sirloin steak (fat trimmed), 1 cup roasted red potatoes, asparagus spears. (520 kcal)
- **09:30 PM — Night Snack:** 1 string cheese stick. (140 kcal)

Day 3:

- **07:00 AM — Breakfast:** Egg white omelet (5 whites), 1 cup spinach, 2 slices whole wheat toast. (320 kcal)
- **10:30 AM — Mid-Morning Snack:** 1.5 oz turkey jerky, 1 small orange. (170 kcal)
- **01:00 PM — Lunch:** 6 oz grilled chicken breast, 1 cup quinoa, mixed greens with lemon juice. (460 kcal)
- **03:00 PM — Pre-Workout Snack:** 1 medium apple, 1 tsp peanut butter. (150 kcal)
- **05:45 PM — Post-Workout Recovery:** 1.5 scoops whey protein isolate, 1/2 cup pineapple chunks. (250 kcal)
- **07:30 PM — Dinner:** 7 oz baked cod or tilapia, 1/2 cup brown rice, large green salad (no oil). (410 kcal)
- **09:30 PM — Night Snack:** 3/4 cup low-fat Greek yogurt. (140 kcal)

Day 4:

- **07:00 AM — Breakfast:** Scramble with 3 egg whites, 2 whole eggs, mushrooms, and 1 slice rye toast. (330 kcal)
- **10:30 AM — Mid-Morning Snack:** 1 cup low-fat cottage cheese, sliced bell peppers. (160 kcal)
- **01:00 PM — Lunch:** 6 oz lean ground beef (96/4), 1/2 cup white rice, zucchini noodles. (430 kcal)
- **03:00 PM — Pre-Workout Snack:** 1 banana. (105 kcal)
- **05:45 PM — Post-Workout Recovery:** 1.5 scoops whey protein isolate, 1 cup sports drink (low calorie). (240 kcal)
- **07:30 PM — Dinner:** 7 oz grilled chicken breast, 1 cup mashed cauliflower, 1 cup roasted Brussels sprouts. (480 kcal)
- **09:30 PM — Night Snack:** 1/2 oz walnuts. (165 kcal)

Day 5:

- **07:00 AM — Breakfast:** 1.5 cups egg whites scrambled, 1 cup cubed hashbrown potatoes (pan-fried dry). (340 kcal)
- **10:30 AM — Mid-Morning Snack:** 1 scoop whey protein shake, 1 small pear. (220 kcal)
- **01:00 PM — Lunch:** Tuna salad (2 cans tuna in water, 1 tbsp light mayo, celery), 4 rice cakes. (390 kcal)
- **03:00 PM — Pre-Workout Snack:** 1/2 cup applesauce, cinnamon. (100 kcal)
- **05:45 PM — Post-Workout Recovery:** 1.5 scoops whey protein isolate, 1/2 cup cooked white rice (fast digestion). (280 kcal)
- **07:30 PM — Dinner:** 6 oz grilled pork tenderloin, 1 medium baked sweet potato, steamed spinach. (440 kcal)
- **09:30 PM — Night Snack:** 1 cup celery sticks with 1 tsp peanut butter. (130 kcal)

Day 6:

- **07:00 AM — Breakfast:** 4 egg whites, 1 whole egg, 1/2 cup cooked oats, 1 tbsp flaxseeds. (360 kcal)
- **10:30 AM — Mid-Morning Snack:** 1 cup low-fat Greek yogurt, cinnamon. (130 kcal)
- **01:00 PM — Lunch:** 6 oz grilled chicken breast, 1 cup cauliflower rice mixed with 1/2 cup brown rice. (370 kcal)
- **03:00 PM — Pre-Workout Snack:** 1 banana, 1 string cheese. (185 kcal)
- **05:45 PM — Post-Workout Recovery:** 1.5 scoops whey protein isolate, 1 slice white bread with 1 tsp jelly. (255 kcal)
- **07:30 PM — Dinner:** 6 oz wild-caught salmon fillet, 1 cup steamed broccoli, asparagus spears. (510 kcal)
- **09:30 PM — Night Snack:** 1/2 cup low-fat cottage cheese. (90 kcal)

Day 7:

- **07:00 AM — Breakfast:** 1.5 scoops protein powder baked into oat pancakes (1/2 cup oats, egg whites). (390 kcal)
- **10:30 AM — Mid-Morning Snack:** 3 slices deli ham, 1/2 cup pineapple chunks. (150 kcal)
- **01:00 PM — Lunch:** 6 oz lean ground turkey (93/7), 1/2 cup quinoa, roasted zucchini slices. (420 kcal)
- **03:00 PM — Pre-Workout Snack:** 1 medium orange, 10 almonds. (140 kcal)
- **05:45 PM — Post-Workout Recovery:** 1.5 scoops whey protein isolate, 1 medium banana. (285 kcal)
- **07:30 PM — Dinner:** 6 oz grilled chicken breast, large salad with shredded carrots and red wine vinegar. (385 kcal)
- **09:30 PM — Night Snack:** 1 hard-boiled egg. (130 kcal)

Day 8:

- **07:00 AM — Breakfast:** Omelet with 5 egg whites, 1 whole egg, spinach, tomatoes, no toast. (250 kcal)
- **10:30 AM — Mid-Morning Snack:** 1.5 cups low-fat Greek yogurt, 1/2 cup raspberries. (220 kcal)
- **01:00 PM — Lunch:** 7 oz baked white fish (tilapia/cod), 1 medium sweet potato, steamed green beans. (420 kcal)
- **03:00 PM — Pre-Workout Snack:** 1 apple, 1 string cheese. (175 kcal)
- **05:45 PM — Post-Workout Recovery:** 1.5 scoops whey protein isolate, water only. (180 kcal)
- **07:30 PM — Dinner:** 7 oz lean sirloin steak, massive bowl of steamed broccoli and cauliflower. (540 kcal)
- **09:30 PM — Night Snack:** 3/4 cup low-fat cottage cheese. (115 kcal) [[1](#), [2](#)]

Day 9: Tournament Simulation Day

- **07:00 AM — Breakfast:** 3 whole scrambled eggs, 2 slices white toast (fast carbs for morning scrimmage). (370 kcal)
- **10:30 AM — Mid-Morning Snack:** 1.5 scoops whey protein isolate, 1 banana. (285 kcal)
- **01:00 PM — Lunch:** 6 oz grilled chicken breast, 1 cup white rice (low fiber to prevent cramping). (430 kcal)
- **03:00 PM — Pre-Workout Snack:** 4 rice cakes with a smear of honey. (160 kcal)
- **05:45 PM — Post-Workout Recovery:** 1 scoop whey protein isolate, 1 cup tart cherry juice. (210 kcal)
- **07:30 PM — Dinner:** 6 oz lean ground beef (96/4), lettuce wraps, 1/2 cup roasted red potatoes. (365 kcal)
- **09:30 PM — Night Snack:** 1 string cheese. (80 kcal) [[1](#), [2](#)]

Day 10:

- **07:00 AM — Breakfast:** 1.5 cups egg whites, 1/2 cup cooked oats, 1/2 cup blueberries. (330 kcal)
- **10:30 AM — Mid-Morning Snack:** 2 oz turkey jerky, cucumber slices. (160 kcal)
- **01:00 PM — Lunch:** 6 oz shredded chicken breast, 1/2 cup brown rice, 1 cup salsa, lettuce. (410 kcal)
- **03:00 PM — Pre-Workout Snack:** 1 medium apple. (95 kcal)
- **05:45 PM — Post-Workout Recovery:** 1.5 scoops whey protein isolate, 1 slice white bread with honey. (260 kcal)
- **07:30 PM — Dinner:** 7 oz baked shrimp, 1 cup quinoa, asparagus spears. (475 kcal)
- **09:30 PM — Night Snack:** 1/2 cup low-fat Greek yogurt. (170 kcal)

NOTE:

Add 1/4 cup Chocolate Milk to your post workout snack - it's a slow processing protein / recovery

Why the Hourly Spacing Matters

- **The 3:00 PM Window:** Eating fruit or simple carbs exactly 30 minutes before stepping on the mat replaces liver glycogen. This stops you from "gassing out" during live wrestling.
- **The 5:45 PM Window:** Taking in fast protein immediately after practice stops muscle breakdown. If you skip this, your body melts your hard-earned muscle for fuel instead of fat

MATCH DAY MEAL BREAKDOWN

Night Before Meal	● salmon or chicken ● mashed sweet potatoes ● Low fiber fruits	● Bananas ● Berries ● Pineapple ● Watermellon ● Cantalope ● Grapes
Post Weigh Ins - 2+ hours until wrestling	ORDER 1. Electrolyte up a. Honey b. lemon-lime c. salt 2. Fruit 3. Protien	FRUIT: ● Bananas ● Berries ● Pineapple ● Watermellon ● Cantalope ● Grapes PROTEIN: ● Egg / Potato Bowl ● Greek Yogurt ● Chicken / White Rice Bowl ● Hard-boiled eggs ● Whey Protein (fastest digesting) ● Fruit Smootie w/whey
1 hour before the match	Simple Carbs	● Electrolyte ● Fruit ● Honey Squeeze ● Graham Craker ● Fruit snacks or gummies ● Pretzels ● Friendly Grains Crunchy Rollers ● Classic White Rice ● Apple Sauce
15 minutes to match		● Electrolyte ● Honey Squeeze
Post Match (DEPENDS ON TIME)	See above - need a protein (dealing with hunger) 2+ hours to next match	
Post Tournament:	Don't go crazy. ● Simple Carb (this can be your cheat) ● Protien	
Dual Day - Post Weigh In (2 HOURS)	Post-Weigh-In Meal Sample: ● Electrolytes ● Fruit ● Protein	● Grilled chicken breast / white rice or potato

NOTE:

- Fiber is a carbohydrate that humans can't digest
- Pair snacks with water for better digestion
- Vitamin D UP

(GLYCOGYN UP, CARB UP, PROTEIN)

- For the fastest and most complete replenishment after a weight cut, divide your carbs into a number of small meals and try to resist gorging yourself
- Feeding the body small meals of dry carbs combined with drinking water like this will shuttle glycogen and fluid into the muscles quickly and effectively.
- Focus on a mixture of fast-acting starchy carbohydrates combined with natural simple carbs and eat this in a number of small meals to ensure the body completely absorbs each one. Drink plenty of water so the muscles will shuttle both fluids and glycogen into storage for quick action and immediate performance.
- Replenish lost fluids and electrolytes
- Restore glycogen levels
- Provide the necessary nutrients for recovery
- Boost energy levels for performance

Rehydrate - the most crucial thing is to rehydrate immediately using an electrolyte-based drink.

- A safe approach would be for the wrestler to drink as much as they want (until feeling satisfied) immediately post weigh-in, then consume an additional 8oz of fluids every 15-20 minutes after. This same strategy can be utilized throughout the day during tournaments.

Replenish - To replenish glycogen stores in the muscles, it is recommended to consume 1-1.85g of carbohydrates per kilogram of body weight. every 60 minutes.

Anti-catabolic - another factor to think about during competition, particularly during the day-long grind of a tournament, is to avoid the breakdown of muscle tissue. We will need some protein.

- Chicken breast or Egg white