



www.veyburnwrestlingclub.com

Weight Management

The Weyburn Wrestling Club does not endorse or condone the practice of artificial weight loss (cutting weight) as a means to make weight prior to a competition. Failure to comply with this policy will result in immediate elimination from the upcoming tournament.

Athletes are expected to maintain their body weight and body fat percentage through proper nutrition and a healthy lifestyle that includes regular physical activity and exercise.

General nutrition guidelines:

- Start every day by drinking 1L of water. Drink 3-4L of water per day.
- Eliminate drinks that have calories. (pop, juice, energy drinks)
- Eliminate junk food. (chips, chocolate bars, candy)
- Eat high quality meals comprised of meat/fish, whole grains, fruits, veggies and nuts.
- Avoid highly processed foods. (fast food, frozen dinners, foods that come in a box)

Choosing your weight class.

Weight classes are chosen for each wrestler based on their age and natural body weight. Choosing a weight class is a decision made between coaches, parents and wrestlers.

Do you need help managing your body weight?

Talk to a coach if you need help managing your body weight.