

Preparing your child for a wrestling tournament

- Make sure your child gets enough sleep the night before a tournament.
- We will have team clothing to wear over their singlets.
- Pack everything a child needs the night before for a wrestling tournament, (headgear, wrestling shoes, etc.) and place in a gym bag.
- Everyone is responsible for his or her own items. Label all items and keep track of your gear in the stands.

Tournament

- Most families need to leave their homes around 6:30 AM. Plan to spend most of the day at the tournament -- most are over by 3:00 PM, but they can last longer.
- Tournaments usually start with registration and weight-in from 7am to 9am
- Listen for your wrestler's age group to be called to the bullpen (Staging area for wrestlers. outside of the main wrestling area).
- The wrestling usually starts around 9:00 but expect delays.
- Wrestlers are divided first into groups by date of birth then by weight. For younger wrestler they are then grouped into four wrestlers who will wrestle a round robin, so unless there is a bye, each wrestle 3 times. Older wrestlers are different and will be put in larger brackets but all wrestlers will wrestle at least 2 matches.
- The round is completed once all the wrestlers from the particular age group have wrestled. After the round is complete. All wrestlers will return to the stands and wait for the next round. The cycle repeats.

Fueling Success: Proper Tournament Day Nutrition

Night before Match

A meal full of complex carbohydrates the night before a tournament, along with just a bit of protein will help load glycogen in your muscle cells to ensure competitors will have energy deep into the tournament. This also helps keep blood sugar stable during a match. Good examples of these foods are grapes, apples, oranges, and trail mix. Those are also good foods to eat throughout a tournament. They are not filling and provide needed energy.

Post Weigh-ins

Wrestlers should make sure they are fully hydrated after weigh-ins with water or a sports drink. They should also include carbohydrate-rich snacks such as bagels, graham crackers, pretzels, granola bars, bananas, yogurt, or pudding cups at least an hour prior to their match.

In Between Matches

Understand the importance of water. Water keeps you hydrated and keeps your entire body running properly. Eating right and fueling for success during a tournament requires drinking plenty of water. Shortly after a match, wrestlers should include a recovery meal that incorporates carbohydrates, proteins, and fluids. A couple of good choices include low-fat chocolate milk or a nutrition shakes, bananas, bagel, noodles, meal replacement drink or bars. A great in-between match snack for younger athletes would be a handful of cashews or macadamias to go along with that chocolate milk.

Other appropriate tournament snacks include: oranges, grapes, carrots, apples, bananas, peanut butter sandwich, almonds, trail mix, hard boiled eggs, granola bars, Cliff bars, freeze dried fruits or fruit roll ups/fruit strips.

Every tournament usually has a concession stand that furnishes food. At times, the food purchased at these tournaments can be expensive. The quality and healthiness of the food offered at the tournaments varies significantly.

Transportation to the wrestling tournaments

- We will send email with tournament details and directions on a map - make sure you know how to get to the tournament location.
- If your child would like to wrestle but you cannot make it, set up a ride with another parent

Miscellaneous

- You are not required to go to any of the tournaments. Sometimes the kids get tired and they need a break away from the tournaments. It is a decision entirely between you and your child.
- Because wrestling is a contact sport, cleanliness is a must. Please bandage any cuts or scrapes well.
- It never hurts to bring Tylenol, Pepto Bismol, etc. for a child if they have an upset stomach, headache, etc.
- During the match, you should relax, breathe and be there to support your child. Let the coaches' coach and let's enjoy another great wrestling season!
- Generally most clubs sit together. So, when you show up look for members of BYS.
- Don't be afraid to ask questions.