

What's in the Fridge?

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Competitive athletes focus on nutrition throughout an entire season from the pre-season workouts to the state and national events. When athletes compete, especially wrestlers, each person has individual food preferences. No one food is the “right” food or meal for every wrestler.

In fact, you will find that on any team, there will be a great variance in the types of foods wrestlers choose before an event, during training, or even after an event. This article will give you a closer look on how to manage and monitor your wrestler’s diet as well as some additional nutrition tips.

Basically, there are four phases to

nutrition for wrestlers or any athlete. Nutrition during training, before competition, during competition, and after competition. There will be many differences in the types, quantities, frequency of consumption of foods, and much more. I will try and break down these four areas throughout this paper. I will focus mainly on nutrition before competition because I