

From: **National Wrestling Coaches Association (NWCA)** newsletter@nwca.cc
Subject: How Should Wrestlers Calculate Their Target Weight?
Date: April 15, 2019 at 1:20 PM
To: lanny@wrestlingusa.com



Cutting edge information on Sports Nutrition.

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Eat 2 Win
Nutrition



Popular Sports Nutrition News This Week

- [How Should Wrestlers Calculate Their Target Weight?](#)
- [What snacks will curb my hunger when I get home from school/work/practice?](#)
- [What are Some Great Post Workout Options?](#)
- [What are some great Pre-Game Meal Options for an Evening Competition?](#)
- [How to Control Large Portions When Eating Out?](#)

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 Eating Habits | Energy | Weight | Strength | Focus | Recovery | Endurance

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Challenges	
Weeks	Theme
3	Post-Workout Nutrition
3	Importance of Breakfast
2	Snacks for Energy

Out-of-Season





Pre-Season

2

Strategies for Eating Out

2

Benefits of Meal Timing

In-Season

1

Hydration for Performance

1

Role of Fruits &Vegetables

1

Sleep & Muscle Recovery

Sample Game Plan

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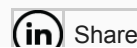
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Thanks,

Tavis Piattoly MS, RD, LDN
My Sports Dietitian





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