

**From:** National Wrestling Coaches Association (NWCA) newsletter@nwca.cc  
**Subject:** What are the Negative Implications of Excessive Weight Cutting for Wrestlers?  
**Date:** May 14, 2019 at 8:15 AM  
**To:** lanny@wrestlingusa.com



Cutting edge information on Sports Nutrition.

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**Nutrition**



## Popular Sports Nutrition News This Week

- [What are Negative Implications of Excessive Weight Cutting for Wrestlers?](#)
- [How to Unlock the Power of Phytochemicals in an Athlete's Diet?](#)
- [What is so Unique about the Marketing of Sports Supplements?](#)
- [Should an Athlete be Concerned about their Bone Health? You will be Surprised!](#)
- [How Should You Support an Athlete Recovering from an Eating Disorder?](#)

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**Challenges**



Out-of-Season

Pre-Season

In-Season

Weeks	Theme
3	Post-Workout Nutrition
3	Importance of Breakfast
2	Snacks for Energy
2	Strategies for Eating Out
2	Benefits of Meal Timing
1	Hydration for Performance
1	Role of Fruits &Vegetables
1	Sleep & Muscle Recovery

## Sample Game Plan

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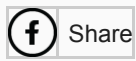
We discuss all things related to our Eat 2 Win Nutrition App



Thanks,

Tavis Piattoly MS, RD, LDN  
My Sports Dietitian





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