

From: National Wrestling Coaches Association (NWCA) newsletter@nwca.cc
Subject: What type of Body Weight Management Goals Should Wrestlers have During Pre-Season?
Date: May 28, 2019 at 8:15 AM
To: lanny@wrestlingusa.com



Cutting edge information on Sports Nutrition.

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- [What type of Body Weight Management Goals Should Wrestlers have During Pre-Season?](#)
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- [Does Caloric Deficiency Impact an Athlete's Bone Health?](#)
- [What are the Top 3 Causes of Inflammation in Athletes?](#)
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Out-of-Season

Pre-Season

In-Season

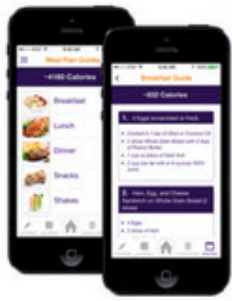
Challenges	
Weeks	Theme
3	Post-Workout Nutrition
3	Importance of Breakfast
2	Snacks for Energy
2	Strategies for Eating Out
2	Benefits of Meal Timing
1	Hydration for Performance
1	Role of Fruits & Vegetables
1	Sleep & Muscle Recovery

Sample Game Plan

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Thanks,

Tavis Piattoly MS, RD, LDN
My Sports Dietitian



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