

Welcome to Auburn Wrestling


Nick Tucker
Head Wrestling Coach
Auburn High School

Auburn Coaches

Joe Eckhardt – Head JH Coach/Volunteer

- Wife – Lori
- Chauntey

Billy Ramsey – Wrestling Operations Director (WOD)

- Wife – Ashley
- Kid – Trip

Rob Bullington – Assistant Coach

- Wife – Amy
- Kids – Nathan, Matthew, Joshua, Ellie, Livvy

Heath Spurlock – JH Coach/ Volunteer

Philosophy

- ◆ Borrow, Steal and continue to learn
- ◆ The philosophy that I follow in life; have a purpose, have passion, then work hard, work intelligently and have fun carries over into my philosophy of Coaching. As a Coach we must first lead with a purpose so others will follow. Everyone associated with the program must believe in that purpose and work at it everyday with passion. While everyone is expected to work hard, the best learn to work intelligently to get more accomplished. Lastly, we will get people to do all of this and have fun doing it.
- ◆ Purpose- Develop Champions on and off the mat.
- ◆ Passion- What's your passion? Define it; own it; and then stand behind it.

But why, some say, Tiger Style? Why choose this as our philosophy? We choose Tiger Style. We choose Tiger Style as a lifestyle, not because it is easy, but because it is difficult. We choose Tiger Style because its goals and expectations will serve to organize and measure the best of our energies and skills, because that challenge is one that we are willing to accept, one we are unwilling to postpone, and one which we intend to win.

- ◆ Love what you do, surround yourself with people who believe in the purpose. It will then permeate through everyone associated with the program.
- ◆ Work Hard- raise the bar, do the little things- they add up to big victories. Plan your work and then work your plan.
- ◆ Work within the system
- ◆ Work Smart-know your weaknesses and strengths
 - Don't teach a lot, but do a lot of the little
- ◆ Have Fun
 - Large amounts of positive reinforcement

Using our resources

- ◆ **-Managers-** mat cleaning, equipment collection, filming, keeping the stats, morale.
- ◆ **-Parents-** driving to tournaments and camps, assist w/ pictures, web page, fund raising, study hall and tutoring.
- ◆ **-Community-** assist with fundraising, help at your tournaments-restaurants, put team schedule in their business windows

Why become a TIGER?

- ◆ You become part of a growing program that will cut no corners.
- ◆ We provide ownership for ALL members of our program!
- ◆ Building champions after their career is over is more important than winning championships now.
- ◆ We will not sacrifice our philosophies and character to achieve success.
- ◆ Leadership comes from the top down and leadership is earned within the team, not bestowed.
- ◆ Once you have wrestled or volunteered it is in your blood!

Further Talking Points

- ◆ Team Policies
- ◆ Fill out and Sign and Return before leaving
- ◆ Athletics Paperwork!!
- ◆ Team Fees - \$150 (Payment Plan & Sibling)
- ◆ Practice Calendar and Times
 - ◆ Use Calendar on Team Website
 - ◆ JH - Mon-Fri: 3:50-6:00 (not including clean up)
 - ◆ HS - Mon-Fri: 3:45-6:30 (not including clean up)
 - ◆ Sat: 9-11 AM
 - ◆ Sun: 2PM - Video Session, if nec

Further Talking Points

- ◆ Tire Flip-A-Thon - Nov 11
 - ◆ Fundraiser
- ◆ Tournaments
 - ◆ Gate, Concession, & Hospitality Workers
 - ◆ Funding the Program!
- ◆ Matches
 - ◆ Gate & Concession Workers
 - ◆ PB&J
- ◆ Travel to Support!!

Nutrition and Hygiene

- ◆ Hygiene
- ◆ Nutrition

SKIN INFECTIONS IN ATHLETICS



W. Randy Martin, MD
Infectious Disease Consultant
Director, Sutter Roseville Wound Clinic

Skin Infections

- The skin always has some amount of bacteria, fungus, and viruses living on it
- Skin infections occur when there are breaks in the skin and the organisms have uncontrolled growth

Problem Skin Lesions

- Always worry about lesions that have an irregular border
- Worry about raised skin lesions
- Worry about “wet” or “moist” lesions

Problem Skin Lesions

- Worry about skin lesions that have different colors within the lesion
- Bright red colored lesions are more of a problem compared to faded lesions
- Lesions that are warmer compared to other skin are more likely to be infected.

Problem Skin Lesions

- Patterns of skin lesions help determine how infectious the lesions have become
- Inflammation and irritation around the skin lesions increase the chance the lesions are infectious

Problem Skin Lesions

- An athlete with a prior history of infectious skin lesions has a higher risk of recurrent skin infections
- Skin abrasions increase the risk of skin infection. The deeper or more traumatic the break in the skin, the higher the risk for a subsequent infection

Expertise

- ⦿ The more experienced a medical person has with skin lesions, the better the medical evaluation
- ⦿ An physician experienced with skin lesions and infections is better than one with limited experience
- ⦿ Legally the experienced outside physician evaluation is more important compared with a prior outpatient evaluation

Skin Infections - Highlights

- ⦿ Bacteria (can be cured)
 - Staphylococcus including MRSA & Impetigo
 - Streptococcus
- ⦿ Fungal (can be cured)
 - Ringworm
- ⦿ Viral (can't be cured but can be treated)
 - Herpes
 - Warts
 - Molluscum contagiosum

Skin Infections

- ⦿ The right antibiotic is required to cure a specific bacterial skin infection
- ⦿ Antibiotics for bacteria will not improve fungal or viral infections
- ⦿ Bacterial infections can be the fastest growing infections and for this reason are the most easily spread among athletes

Skin Infections

- ⦿ The faster the bacteria grows, the more likely the correct antibiotic will cure the infection.
- ⦿ Herpes gladiatorum (Herpes simplex) responds the best to antiviral medication. Other virus infections are relatively resistant to current medications

Examples of Staph Infections



www.spapex.org/spapex/impetigobullosa.jpg

Staph Infection



© Current Medicine

Chronic folliculitis due to *Staphylococcus aureus* infection



© Current Medicine

What is MRSA?

- The official name is Methicillin resistant *Staphylococcus aureus*.
- It is a “Staph” infection
- “Staph” and “Strep” bacteria often cause skin infections.
- MRSA is resistant to many of the traditional “Staph” antibiotics

MRSA

- Typically presents with an abscess
- May or may not have surrounding cellulitis
- Athlete may or may not have risk factors for infection

How Do MRSA Infections Occur?

- Touching someone's MRSA-infected skin
- Touching surfaces that have MRSA on them, like doorknobs and light switches
- Sharing personal hygiene items (bar soap, towels, razors)
- Overusing antibiotics, stopping them early, or missing doses

MRSA



Stop Spreading MRSA!

- Wash your hands often with warm, soapy water
- Use 60% alcohol-based hand sanitizer when soap and water are not available
- Shower immediately after practice and matches



Stop Spreading MRSA!

- Avoid contact with other people's skin infections
- Report skin infections to coach/trainer/ nurse
- Clean and disinfect athletic/wrestling gear and practice surfaces (mats, benches, weight lifting equipment) after each use

Impetigo

- Can develop on any exposed skin surface after skin-to-skin contact in sports.
- Topical mupirocin may be used with the possible addition of oral antibiotics, such as a second-generation oral cephalosporin
- Athlete may return to competition after five days of therapy if the lesions have become crusted.

Impetigo



Ringworm (fungus)

- Also known as Tinea corporis (fungus)
- Common among wrestlers
- Treatment should include a topical agent (such as clotrimazole twice a day for three weeks) as well as an oral antifungal agent (such as fluconazole for three weeks).
- May return to competition after five, but ideally after 10 days of treatment

Ringworm



Disinfection Guidelines

- ⦿ All floor and wall padding in athletic area(s) should be washed daily (if the athletic area is used)
- ⦿ Separate mop heads/ buckets should be used for each activity area, locker room, and restroom. Mop heads and buckets should be cleaned regularly. (Washable micro-fiber heads or disposable mop cloths may be more convenient)

Disinfection Guidelines

- ⦿ Towels/ linens laundered on premises should be washed with detergent at a minimum of 160 F and dried in a hot dryer.

Locker Rooms/ Shower Rooms

- ⦿ Liquid, not bar, soap should be readily available and provided by wall dispensers close to sinks and next to showers. Safeguard or Dial brands are two of the more effective brands of soap
- ⦿ Chlorhexidine is much more effective compared to soap in reducing infection

Locker Rooms/ Shower Rooms

- Shower with soap or chlorhexidine (recommended) and water *immediately* after each practice, game, match, or other event. Use a clean, dry towel

EAT, WRESTLE, AND WIN: A NUTRITIONAL GUIDE FOR WRESTLERS

Eileen G. Bowker M.A., ATC
Certified Athletic Trainer

Northern Burlington County Regional HS
Dave Schultz Wrestling Club
Ken Chertow Camp of Champions



If Nothing Changes, Nothing Changes.

- Wrestlers can eat.
- Wrestlers are hydrated.
- Coaches are teaching nutrition.
- Wrestlers are maintaining, Optimal Performance Weight (OPW).
- Wrestlers are stronger and healthier.

EAT, Wrestle, and WIN

Nutrition in Wrestling

- Proper nutrition has long been a battle for the serious wrestler.
- The sport of wrestling has suffered because of ill advised weight loss practices.
- Weight loss myths have dominated nutritional education.
- A culture has decided to change.

EAT, Wrestle, and WIN

Optimal Performance Weight

- Maintain proper caloric intake.
- Maintain proper hydration levels.
- Expend energy.
- Skill acquisition.
- Perfection of technique.

EAT, Wrestle, and WIN

The Wrestler's Parent

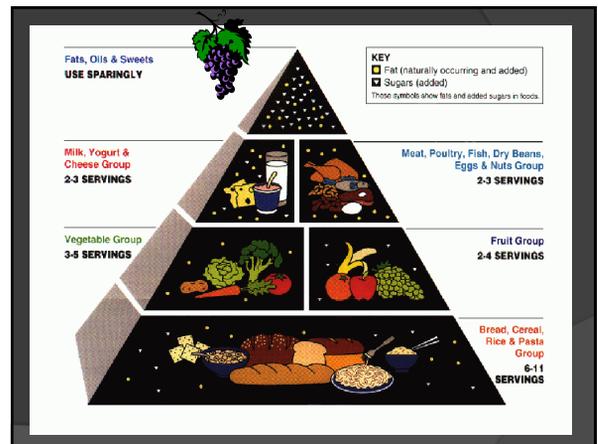
- The parent is an integral part of a wrestling program.
- Provide food that supports your wrestler's plan.
- Maintain communication.

EAT, Wrestle, and WIN

The five most important points for parents.

1. Familiarize yourself with the Food Guide Pyramid.
2. Learn to read and utilize the nutrition labels on packages.
3. Make sure everyone drinks plenty of water.
4. Use a daily multivitamin.
5. Be proud of them.

EAT, Wrestle, and WIN



Weight Control + Adolescent Athlete

ONE OF WRESTLING'S
GREATEST CHALLENGES!

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Weight Certification

- Weight classes were created to provide for fair competition.
- Individual states set the standards for weight certification.
- A minimum weight is established for each wrestler.

EAT, Wrestle, and WIN

NEW WEIGHT CLASSES (HS)

106	152
113	160
120	170
126	182
132	195
138	220
145	285

EAT, Wrestle, and WIN

Junior High Weights

75	130
85	135
95	145
103	155
112	165
119	175
125	285

Weight certification is meant to discourage severe weight loss.

- As a wrestler you should know where you are most effective.
- The lowest weight possible is not always the strongest.
- Many wrestlers waste mental energy on weight loss.

EAT, Wrestle, and WIN



- WEAKNESS
- LETHARGY
- DECREASED CONCENTRATION
- SEMISTARVATION

EAT, Wrestle, and WIN

EAT **A LITTLE LESS**
EXERCISE MORE



EAT, Wrestle, and WIN

Nutrition

- As a wrestler you must take the time to learn the facts about diet and dietary habits.
- The food you eat allows you to wrestle well.



EAT, Wrestle, and WIN

Hydration

- ⦿ Water is the most important nutrient for your body.
- ⦿ You must have water to burn calories.
- ⦿ You will decrease your metabolism if you do not drink enough fluid.

EAT, Weights, and WIN

When to drink...

- ⦿ Drink before you are thirsty.
- ⦿ Water has no adverse effects on performance.
- ⦿ There is no such thing as too much water.

EAT, Weights, and WIN

Diet Guidelines

1. Eat a variety of foods.
2. Maintain your OPW.
3. Avoid eating too much fat and cholesterol.
4. Eat food with adequate starch and fiber.
5. Avoid too much sugar.
6. Avoid too much sodium (salt).

EAT, Weights, and WIN

Weight management tip #1

Restrict fatty foods.

Butter Margarine Nuts
 Cheese Chips
 French Fries Mayo

EAT, Weights, and WIN

Weight management tip #2

Fuel muscles with low fat carbohydrates.

Cereal	Fruits	Vegetables
Potato	Bread	Bagels
Pasta	Pretzels	

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Weight Management tip #3.

Eat adequately during the day then "diet" at night.

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Weight management tip #4.

Be realistic with goals!!

Target loss: 1-2 LB/week (women)

2-3 LB/week (men)

EAT. Weeds. and WIN

Words of Wisdom

- Your body has to have food.
- You get all of your energy from food.

- Carbohydrates provide energy.
- Protein helps build muscle.
- Fat tastes good.

EAT. Weeds. and WIN