

## Feeding The Tiger Cubs

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**A**s a wrestling coach and a speaker at camps and clinics, I frequently meet parents and wrestlers looking for the leading nutritional advantages. The most common questions revolve around what

wrestlers should eat before their matches.

These are excellent questions and appropriate because nutrition can play an important role in wrestlers competing at their best. Unfortunately, many people (including advertisers) overcomplicate the

issue. True, nutrition is a complex science, but the sound principles of successfully feeding a wrestler are not complicated.

What follows is some general information about eating on the day of a competition. Many parents and wrestlers adopt