



Wrestling & Weight Loss

By Carol and Patrick Milkovich

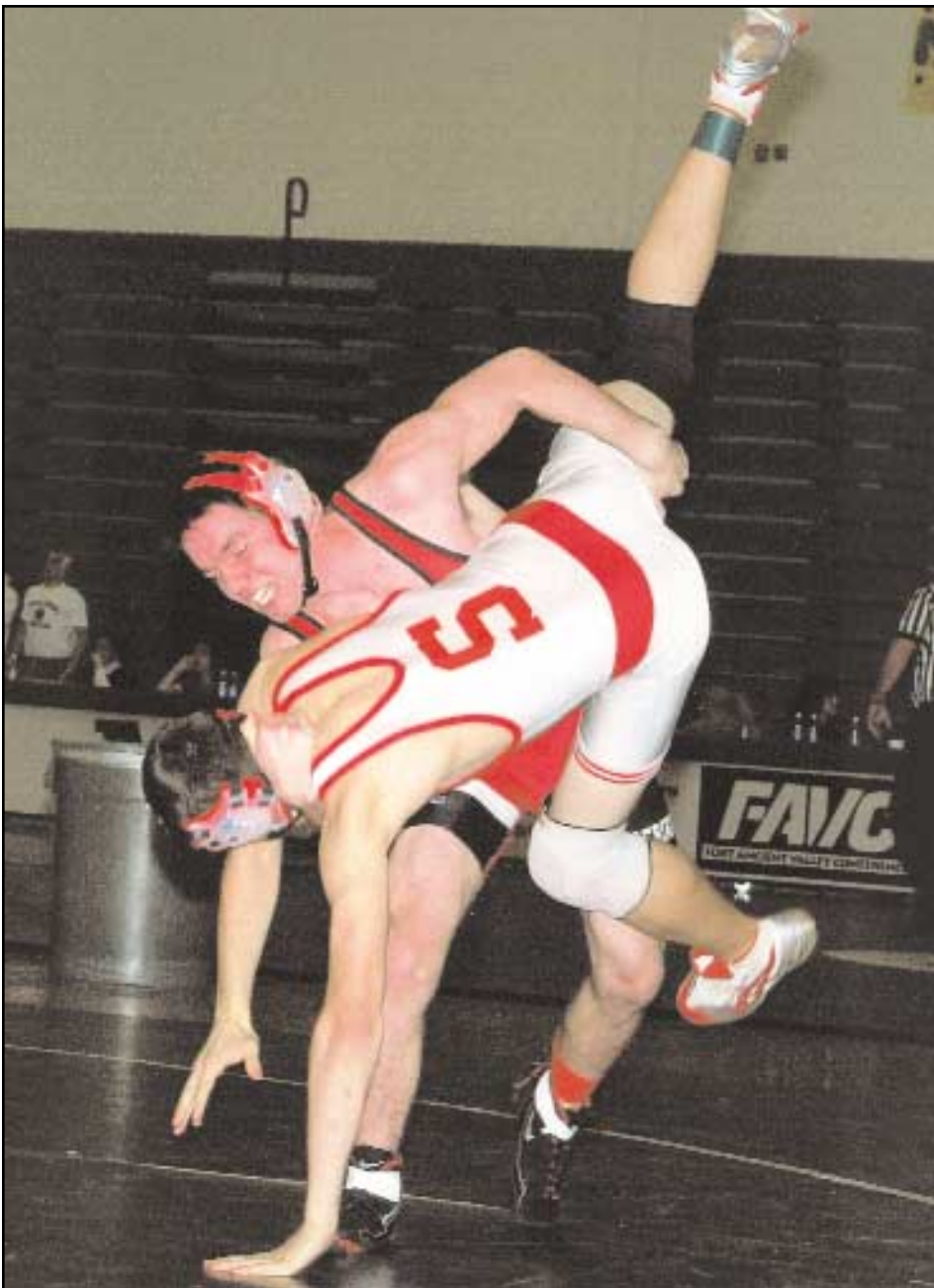
2x NCAA Champion and
Distinguished Member of the National Wrestling Hall of Fame

It's a forgone conclusion that cutting weight will always be an issue in the sport of wrestling. Changing the weight classes won't stop athletes from losing a few pounds to make a weight several pounds below their natural weight. You may hear coaches say that weight cutting is a "black eye" on wrestling. Many gymnasts and boxers cut weight too. Our

society is loaded with overweight individuals, and billions are spent on methods of losing weight. Virtually everyone can afford to lose a few pounds. In wrestling, it's not the losing of weight that gives the sport a "black eye," it's the way people do it. Nutrition plays a role as well. The main problem coaches and athletes suffer from with regards to weight loss is that they lack

education and discipline.

The issue of weight loss in wrestling will never go away. With the exception of my tenth grade year, I have cut weight every year that I competed. The problem I saw in my peers was their ignorance on how to cut weight and their inability to discipline themselves to stay within 5 pounds after each competition. That's not to say I didn't use plastics, or saunas, (which weren't illegal back then) or even vomit on occasion, but those techniques were few and far between, and I certainly don't recommend them. The most valuable asset I had was the education about how to lose weight correctly, how to eat right, and then using the discipline to support that education.



Ohio - 140 pounder, Nick Bohl (Lakta West) defeated Chris Hardin (Stebbins) by fall in 1:03 at the 1st Annual James Horning Memorial Tournament. Photo by Karl Monk.