



BE STRONG, BE CONFIDENT, BE THANKFUL

... Chief Mike Kallai



**"NEW SCHOOL,
NEW ROOM, NEW EXPECTATIONS...
OLD SCHOOL TRADITION"**

-WIN #22-

THE EDGE

Working on 22
&
#21 in a row



WHS WRESTLING

Team Goals

"NEW SCHOOL, NEW ROOM, NEW EXPECTATIONS... OLD SCHOOL TRADITION"

-WIN #22-

1. PLACE IN TOP 10 OF THE STATE

2. WIN 21 STRAIGHT LEAGUE CHAMPIONSHIP

BEAT Cloverleaf, Copley, Green, Highland, Nordonnia, Revere, and Tallmadge

3. BE THE BEST TEAM WE CAN BE

WIN OR PLACE in the top 3 in every tournament:

OLENTANGY LIBERTY DUAL TOURNEY, OLENTANGY LIBERTY TOURNAMENT, NC HOLIDAY, BRECKSVILLE TOURNAMENT, OHSAA STATE DUALS, GIT, SUBURBAN LEAGUE TOURNEY and SECTIONALS, DISTRICTS, STATE. (Banner)

4. BE THE BEST WRESTLER I CAN BE

WIN the League, PLACE in all tournaments, be DISTRICT QUALIFIER, STATE QUALIFIER, STATE PLACER, OR STATE CHAMPION

5. BE THE BEST COACH I CAN BE

GET the most out of every wrestler with maximum effort.

6. DO WHATEVER IT TAKES

SET a goal and let nothing stand in your way.

Individual Goals

1. WIN INDIVIDUAL STATE CHAMPIONSHIP

2. BE STRONG! BE CONFIDENT! BE THANKFUL

3 RESPECT, LISTEN, WORK

4. Always Protect the team, No Whining , Be early

5. Always have a "Winning Attitude."

6. Be in the best physical shape possible. Lift harder than we ever had.

7. Find your role, accept it, and do it to your best ability.

8. Ask it to be tough. It can't be tough enough

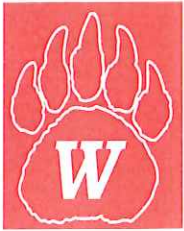
9. Be physical - attack, attack, attack!

10. Believe in your coaches, captains, and teammates

11. Be appreciative and THANKFUL

12. Display GOOD SPORTSMANSHIP at all times

13. ENDURE FATIGUE



"NEW SCHOOL, NEW ROOM, NEW EXPECTATIONS... OLD SCHOOL TRADITION"

WHS WRESTLING

WHAT WRESTLERS CAN EXPECT FROM WADSWORTH COACHES

1. Loyalty in all areas.
2. Total honesty.
3. To provide the leadership and training necessary to achieve our goals.
4. To work harder than we have ever worked before to be successful.
5. To assist players now and after graduation in any way we can.
6. To treat you as a man if you show you are deserving of such treatment
7. To make all decisions predicated on what is best for the team first and then the individual.
8. To help you mature and grow as a young man.
9. To help you reach your goals.

WHAT COACHES CAN EXPECT FROM WRESTLERS AT WADSWORTH HIGH SCHOOL

1. Work at getting the best possible education you can.
2. Try to give 100% and hustle at all times.
3. Respect your teammates.
4. Practice to the best of your ability and strive to improve each day.
5. Be totally honest in all areas of you life.
6. Steadfast loyalty to teammates, school, community, family and friends.
7. Prepare and play your best in each game.
8. Be prompt for all meetings and practices.
9. **NEVER** take an opportunity to criticize and never pass up one to praise.
10. Be a WINNER = Being a worker, a doer, a leader.



"NEW SCHOOL, NEW ROOM, NEW EXPECTATIONS... OLD SCHOOL TRADITION"

WHS WRESTLING

WRESTLING 15 ATHLETIC RULES

All wrestlers must maintain proper character and conduct so as not to bring discredit upon themselves, their church, their family, their school, their team and/or their community. The following rules are in effect all year long, including the summer vacation, not just during wrestling season.

1. **HATE** There shall be no hate on our team. If you feel you cannot get along with your teammates, there is no room for you on the team. There is no "I" on the team. If you feel you are better than a wrestler ahead of you, don't talk about it with outsiders. Talk with one of the coaches and then show it on the mat.
2. **TOBACCO** We will not use or possess tobacco of any form. **ATHLETIC POLICY** will be followed in regard to punishment which may result in removal from the team.
3. **ALCOHOL AND DRUGS** Use of or possession alcohol and drugs cannot be condoned. **ATHLETIC POLICY** will be followed in regard to punishment which may result in removal from the team.
4. **GROOMING** We will be neat in our appearance. Hair is to be off of the eyes, off the shirt collar, no beard, no mustache, sideburns no lower than the bottom of the earlobe. Keep skin clean of infection.
5. **SWEARING** We will not swear and/or use abusive language in any way, shape, or form. The use of such language serves but one purpose and that is to show people that our vocabulary is limited.
6. **LOCKER ROOM** Our locker room is one of the finest in the state, and we expect to keep it that way for many years. There is to be no horse play or destruction of any nature while in this room. Any violation will result with the procedure of Athletic Policy.
7. **ASSOCIATIONS AND FRIENDS** Do not be guilty by association. It may not always seem fair but often times a person will be judged by the company that he keeps.. Do not let yourself be brought down to the level of other people. If your friends are drinking and/or smoking pot, you should have enough personal pride and self discipline to leave. If you don't approve of some of the things your friends do, it is time to look for new friends.

We will attempt to treat you fairly and will try not to consider you guilty simply by association -- so don't put us and/or yourself in this uncomfortable situation.

8. **PROMPTNESS** Our practice begins at 2:45 P.M. sharp everyday. If you need something taped, it will be your responsibility to have it done before that time.
9. **PRACTICES ARE MANDATORY.** You may only be **EXCUSED** from practice under the accepted WHS attendance policy. It will be your responsibility to notify a coach **BEFORE** the missed practice. Furthermore, you must complete the **90 MINUTE MAKE -UP PRACTICE** before the next scrimmage, match or tournament; or you may not be permitted to wrestle.

ONE UNEXCUSED ABSENCE may result in suspension for one match plus completing the **90 MINUTE MAKE -UP PRACTICE.**

TWO UNEXCUSED ABSENCES from practice may be reason for dismissal.



"NEW SCHOOL, NEW ROOM, NEW EXPECTATIONS... OLD SCHOOL TRADITION"

WEIS WRESTLING

10. **WRESTLE OFFS:** All fourteen (14) spots on the Varsity Team MAY be determined by wrestle offs, i.e. the spots on the team will be won and lost on the MAT not in the locker room. Needless to say, The Head Coach has the final say and decision to pick the line up at anytime before or during the match.

WRESTLE OFFS will consist of the best two out of three matches for the final varsity slot for the first competition.

WRESTLE OFFS will be held when feasible every week through the January 11, 2013, or until the end of season in certain weight classes where an injury or where both wrestlers have shared varsity time and has traded off beating each other.

All other JV or Freshman challenges will be filled by only one wrestle off.

*After the varsity position is secured by a varsity wrestler, **THE CHALLENGER MUST WIN THE FIRST MATCH** to insure the best two out of three.

11. **SENIORS** One of our primary goals will be to help each one of you get into college. We'll work as hard as we possibly can to help you, but you have to help, too. Take all your ACT and SAT tests, bring up your grades and let us know what colleges you are interested in. We'll be in direct communication with these schools, and will be selling you - help us help you by scoring well on these tests. Believe us, the very first thing the college coaches ask us is, "How are his grades? What are his ACT and SAT scores?"

12. **SCHOOL RULES, GRADES, AND COLLEGE PLACEMENT TESTS** Our school rules, regulations, grades, ACT and SAT tests come FIRST. Wrestling comes second after the above have been taken care of properly.

13. **CONDUCT - ON AND OFF THE MAT** We will act and behave like gentlemen at all times. In class, in the hallways, and in the cafeteria, we will act like gentlemen. On the mat we will act like gentlemen. Quite simply, on the mat we say nothing -- we let our coach do the talking.

We are leaders and because we are, we have the **RESPONSIBILITY** to conduct ourselves accordingly.

If you are seriously hurt on the mat, ask for a time out and we'll take care of you.

If you are hurt (in pain) but are not hurt (as above), let no one know it. Never show your feelings on the mat. This is called **MENTAL TOUGHNESS** and it's a quality shared by all **GREAT ATHLETES**.

14. **MEDIOCRITY** We will not let you be the average wrestler. We'll be watching you closely in practice EVERY DAY. We won't let you drill wrong. We'll stop you and show you how to do it right.

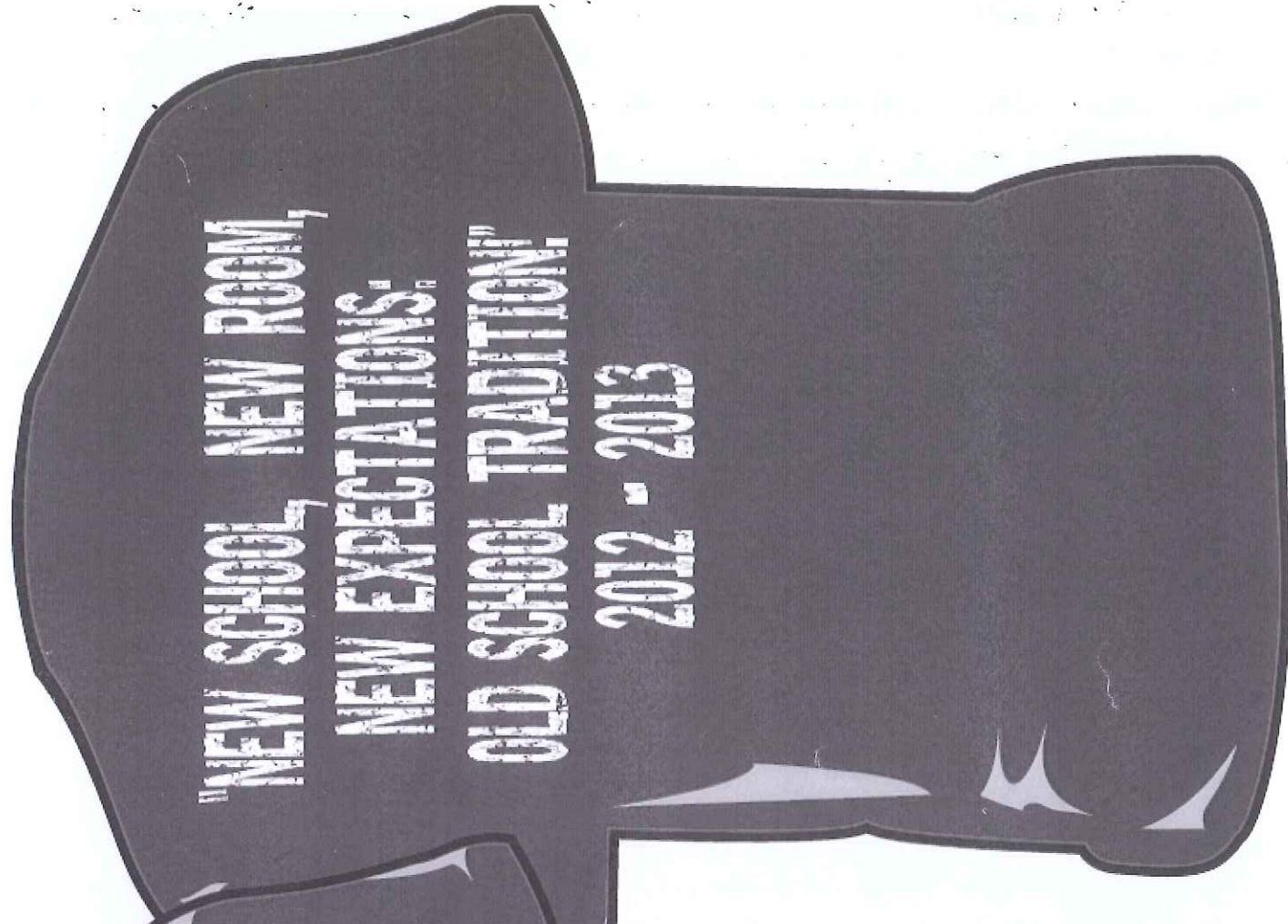
REMEMBER:

**"PRACTICE DOESN'T MAKE PERFECT.
PRACTICE MAKES PERMANENT.
PERFECT PRACTICE MAKES PERFECT"**

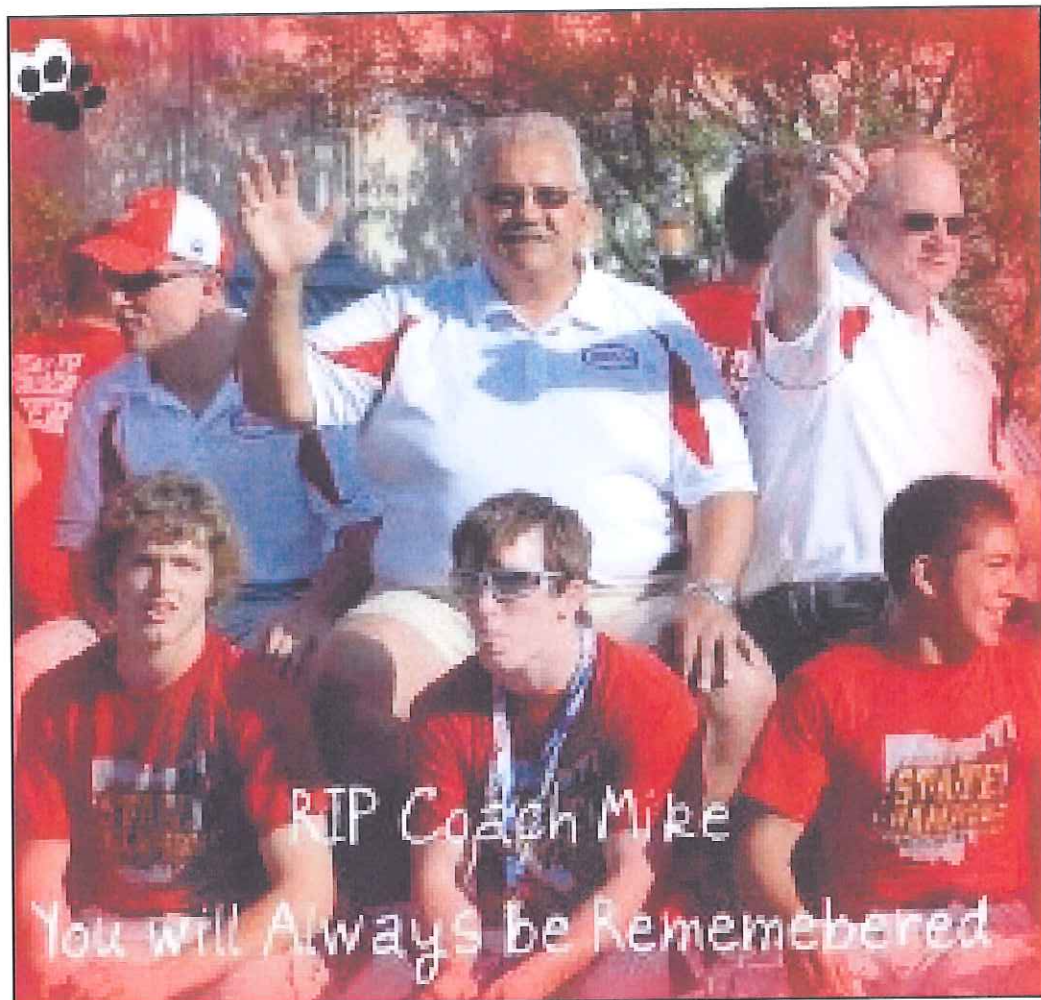
15. **WRESTLING** When you wrestle at W.H.S. you will wrestle hard, you will wrestle tough and you will wrestle with class. You will wrestle to win and you will win. By winning you will have to learn to handle success as well as the critic. You will be a leader and, as a leader, you will set an example for all those young wrestlers who look up to you.



Full Front - White Ink



Full Back - White Ink



CHIEF MIKE KALLAI
1953-2010

"BE STRONG, BE CONFIDENT, BE THANKFUL"

What Keeps You From Living Your Dreams?

Albert Camus, a famous author and philosopher, once applied names to the previous centuries. He named the seventeenth century as the century of math. The eighteenth was the century of physical. The nineteenth was the century of biology. Then, he shocked the public by naming the twentieth century the century of fear.

Along with this bold statement, came that of philosopher and poet, W.H. Auden. He called our time, "The Age of Anxiety."

I have never met a person who hasn't had to face some degree of fear. In all the interviews I did for my book, *Conquer Fear*, every person had a story about how they, too, had to face and deal with their fear. What I began to notice is how similar the stories were! The names would change. The circumstances were different. But the fear was the same - and very real. I came to understand this profound truth:

The difference between mediocre success and a breakthrough success is your willingness to face and deal with your fear. When your fear is exposed, you break its control over you. The reality is, fear was never intended to dominate your destiny or control your behavior. FEAR IS HUMAN. It is in every person's life, exists in every success story, and is part of growing. Fear isn't going away. It's not fear that keeps you from success. It's your inability to deal with it.

The first step in dealing with your fear is to change your beliefs about it. Change the way you think about fear and you change your reaction to it. Fear can be healthy. Think about it. It is fear that gives you the powerful adrenaline rush so that you will have the ability to flee from a situation that is truly unsafe or the same adrenaline rush to fight to win! Yes, fear is a gift, instilled in you to keep you safe and lead you to faith. So what happened? Why do people allow this gift to negatively control their actions, their beliefs, and ultimately their lives? Well, it has a lot to do with making a distinct difference between your instinct and your intellect.

As a child you would react instinctively to fear. This was acceptable behavior for you then. But, over time, you developed habits of behavior that today cause you to react to fear instead of act. You react instinctively to fear by running from it, ignoring it, sabotaging your efforts, or quitting the very dream you said you wanted. These habits of behavior are programmed into you. To interrupt these negative behaviors you need to use your intellect and act in your fear.

Every person has fear. The successful have learned to befriend their fear. They don't react in their fear. They act in it - walking through their fear. Every person has the same weapon to help them act in their fear. Every person has the gift of faith. The way to befriend fear is to neutralize it with its opposite - which is faith. Is your faith stronger than your fear? Where faith is dominant fear is silenced. Faith is like a multivitamin on steroids! It is faith that fosters hope, courage, boldness, and conviction. These are all the ingredients you need to conquer fear.

But what really is faith?

Webster's definition of faith is "belief, trust, or reliance." The Apostle Paul's definition is "Faith is the assurance of things hoped for and the conviction of things not seen." Do you have the assurance of things hoped for, and a strong conviction that, you have all you need to make your life work? Well-known author, Max Lucado, explains faith in the following story:

Imagine that you are an ice skater in competition. You are in first place with one more round to go. If you perform well, the trophy is yours. Then, only minutes before your performance, your trainer rushes to you with the thrilling news: "You've already won! The judges tabulated the scores, and the person in second place can't catch you. You are too far ahead."

Upon hearing the news, how will you feel? How will you skate? How about courageously and confidently? You will do your best because the prize is yours!

Live your life like you've already won. Walk into that job interview like you've already got the job. Ask that girl out on a date like she's already said yes. Ask for that sale like you've already made it!

Fear exists. But you can conquer fear and neutralize its power by cultivating your faith. Have an assurance of things hoped for and a conviction of things not seen and you will create hope, boldness, and courage. You will achieve your goals and begin living the life you dream of.

Lisa Jimenez has helped thousands of distributors dramatically increase their recruiting efforts. Her best-selling book, "Conquer Fear!" will awaken your spirit as you discover how to eliminate hidden fear and turn it into the driving force behind your success. Lisa's audio album, "Radical Recruiting!" is a must-have for every Networker who's serious about building their organization. Call NOW! (800) 489-7391 or (954) 755-3670. Order on line at www.RX-Success.com Sign up for her free email Success Report while you're there! See Lisa speak at the Personal Power Expo Weekend. Register at www.personalpowerexpo.com.



WHS WRESTLING

Quotes to live by:

"Peace is not absent of toil, tribulation, or pain"

"Serve others"

"Only F words to use: Faith, Family, Friends"

Leadership = Influence

"Stop listening to yourself and start talking to yourself"

"Have a plan. Do the right thing"

"If we are strong, our strength will speak for itself. If we are weak, words will be of no help."

"It's time to stop talking and start wrestling."

"Be a contributor, not a contaminator"

"Losers think sacrifice is a punishment, not a necessity."

"Attitude is everything!"

"Everyday you are either Growing or Dying , not maintaining!"

Core values:

- 1. Trust**
- 2. Do it to the best of your ability**
- 3. Care about each other**

Always raise your standards.

Keeping hydrated is a key to success

by James Johnson, RCN, CSN, CMA
Clinical and Sports Nutritionist

Ever had that light-headed feeling after training? Your problem may well be the result of dehydration after weight-reduction and inadequate fluid intake before, during, and after intense training and/or competition.

But what you choose to drink is crucial. Many popularly marketed sports beverages simply don't help our bodies to rehydrate for adequate recovery, and for upcoming training or competition. Keep in mind that hot and severe training conditions may deplete up to 2,000 mg of the sodium our bodies require.

Then there is the problem of fluid loss. Everyone needs to remember the importance of drinking water during training and competition—at least 10-12 fluid ounces per 10-20 minutes of sport-specific training.

Remember to pace concisely your water consumption during training sessions, just as you concisely measure your performance levels. Indeed, "listening" to one's body is another key to healthy hydration, whether you are in or out of the training arena. Afterward, incorporating an effective nutritional recovery strategy will boost your training, lessening fatigue and decreasing injuries.

Put simply, dehydration occurs when we fail to drink enough fluid to replenish the sweat lost dur-

ing training workouts. Inadequate fluid intake after intense training and/or competition can lead to hyponatremia, low blood sodium, cramping, headaches, and mental fatigue.

Rehydration requires replacement of lost body water, but ingestion of plain water is an ineffective way to achieve a euhydrated state. One problem is that drinking plain water may cause bloating, suppress thirst and then suppress further drinking needed for recovery. Drinking plain water will also stimulate urine output; therefore it may be inefficiently retained. Thus, while drinking ordinary water may seem to make common sense, it can be ineffective because water alone is not a reliable choice where high fluid intake is required.

Water contains no carbohydrates or electrolytes. Remember all that sodium lost during hot and severe training sessions? An electrolyte, sodium is the major positively charged ion lost in sweat and is also the most abundant ion in our bodies' extracellular fluid. Dietary sodium is therefore crucial in assisting effective rehydration, largely as a consequence of its role as the major ion in extracellular fluid.

Scientific research confirms that our athletic performances will be impaired when we are dehydrated. For optimal rehydration, champion athletes know they should consume a carbohydrate/electrolyte beverage immediately after training and /or competition.

Em.Pact, a glyconutrition post-workout sports nutrition drink was engineered to provide athletes with the necessary sodium and nutrients for recovery efficiency. Em.Pact may have all the vital ingredients that sports-specific individuals need proper rehydration recover from intense training sessions. Em.Pact can be utilized before, during, and after any training session to assist with one's natural recovery process, and enable you to achieve your ultimate fitness and/or athletic goals. Em.Pact is an excellent sports nutrition drink to utilize after a hard training session, when rehydration and electrolyte and glycogen replenishment are vital for a quicker recovery.

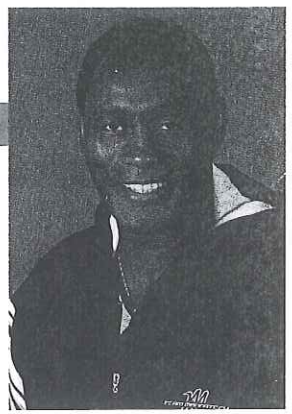
I use Em.Pact before, during, and after training. To maintain energy levels, I consume this glyconutrient beverage while hiking, training, and coaching throughout the day. I use Em.Pact because of how it boosts my energy and endurance levels, and for the way its fructose and metabolic dietary supplements speed the rehydration process. Competitive athletes need to practice smart nutritional hydration strategies for recovery by reading product labels for nutritional supplement information, thus to avoid products that fail in these areas.

I am aware of the challenges that athletes face as they turn towards the optimal nutrition needed to reach their highest competitive goals. I encourage all athletes to consult with a sports nutritionist. Take the necessary educational steps to learn the sports nutrition habits for peak performances.

As a former three-time USA National Wrestling Champion and a Registered and Certified Clinical and Sports Nutritionist, I am committed to continuing educational on the nutritional and dietary habits choices confronting today's athletes. I encourage parents, coaches and athletes if you are seeking the best way to utilize nutrition for sports and healthy lifestyles contact us at 1-888-877-2322 (toll free) or email info@jjchamp3x.com or visit our website at www.mannapages.com/904931 to see which glyconutrition products may benefit your training and competition efforts.

Healthy Nutritional Tips towards Staying Hydrated During Training/Competition

- Attempt to consume at least eight ounces of fluids for every 15-20 minutes of training and/or exercising.
- Use a sports beverage such as Em.Pact that contains carbohydrates and electrolytes rather than simple water, especially when training periods last beyond an hour.
- After intense training/competition, choose sports beverage drink containing carbohydrates and electrolytes, as it better assist with our glycogen and electrolyte replacement.
- To maintain your euhydrated state (a normal store of body water), active athletes should remember to prehydrate before training sessions.
- As a rule, for successful rehydration and optimal recovery, drink 16-24 ounces of fluids for every kilogram (kg) of body weight lost during training.
- To determine sweat rate lost, check your weight before and after training. Then drink an additional sixteen ounces of fluid for every kg lost within your training session. This will assist you with avoiding dehydration symptoms.
- Dehydration hinders our aerobic and anaerobic performance and affects our overall maximal strength.
- Avoid caffeine and alcoholic beverages; they act as diuretics which cause our bodies to lose fluid.
- Avoid carbonated beverages which may cause a severe case of bloating and reduce the desire for much needed fluid.
- To avoid dehydration, individuals should drink sports-like beverage before, during, and after intense training.
- Rehydration is a critical part of successful nutrition practice for recovery after training and competition.
- Drinks should contain moderately high levels of sodium and possibly some potassium.



TEAM MANNATECH

For more information about this program, contact:

James Johnson

PHONE
(480) 968-0908

EMAIL
info@jjchamp3x.com

ONLINE
www.mannapages.com/904931

EAT TO COMPETE

Brown baggin' it today? Liz Applegate, Ph.D., director of sports nutrition for the University of California, Davis, gives you the scoop on perfect, portable pre- and post-activity meals.

Pre-activity

⌚ Three hours before

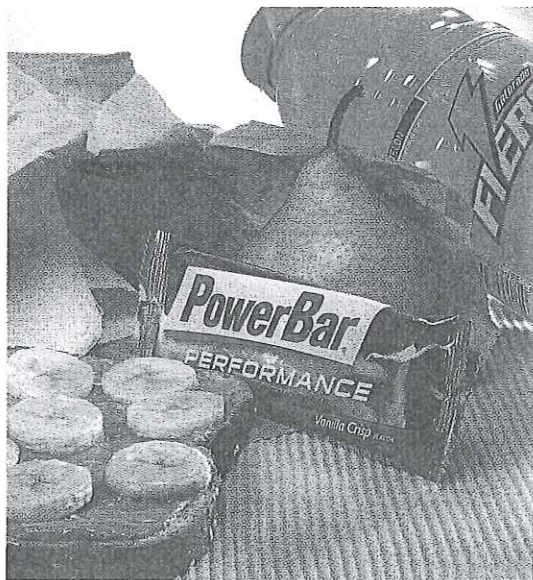
Applegate recommends a high-carbohydrate pre-activity meal. "Carbs are like topping off the tank, like in a car, with the energy you'll need to go the distance," she says. "They fuel your brain, and keep it alert and ready for hand-eye coordination and accuracy."

She suggests foods that are easy to digest, which means no protein bars or beef jerky; high-protein foods sit in your stomach, as do high-fat foods like regular chips and candy bars.

Depending on your size and exercise intensity, Applegate says to

consume up to 800 calories, which you can get from the following meal: 12 to 16 ounces of a sports drink; one slice of whole grain bread with a tablespoon of peanut butter, topped with banana slices and drizzled lightly with honey; a pear; and an energy bar (Applegate recommends Clif, Odwalla and Powerbar).

If you require more calories, whole-grain crackers, low-fat yogurt topped with granola, trail mix and baked chips are all easy, portable additions.



Nutrition Totals*

PRE-WORKOUT

Calories	633
Protein	17g
Fat	11g
Carbohydrates	124g

* For a slice of whole wheat bread with 1 tbsp. PB, 1 packet of honey, 1/2 medium banana (sliced), pear, Vanilla Crisp Powerbar and 16 oz. of melon Gatorade Fierce

POST-WORKOUT

Calories	428
Protein	31g
Fat	4g
Carbohydrates	69g

* For a small pita pocket, a 2 oz. tuna pouch, 1C grapes, 8 oz. low-fat chocolate milk.



Just because you might not feel like eating after intense activity, doesn't mean you shouldn't. "The purpose of the post-activity meal is to refuel the body—to take back in carbohydrates and some protein for muscle repair—and to keep the immune system strong," Applegate explains. "Muscles are very responsive [after a workout] and ready to pick up nutrients."

If you have little appetite, Applegate suggests first downing a sports drink, which contains key minerals, like potassium and sodium, to rehydrate your body. Also, eat a piece of fruit. Try a cup of red or concord grapes, which contain flavonoids. Research from the *American Journal of Clinical Nutrition* suggests these potent antioxidants

reduce free radical damage and protect against oxidative stress. Simply put, less muscle soreness.

Within the 30-to-60-minute timeframe, you'll also want to get some protein. Applegate recommends going lean. Try a whole wheat pita pocket with a packet of tuna. "It provides high quality protein with other nutrients, such as zinc and iron, needed for recovery from activity," she says.

Add an eight-ounce bottle of low-fat chocolate milk. It has about 26 carbs and eight grams of protein. According to a *Journal of Sport Nutrition and Exercise Metabolism* study, chocolate milk can be an effective recovery beverage because of its high carb and protein content.

⌚ 30-60 minutes after

Post-activity

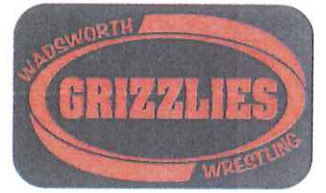
W³ STACK.COM HAS MORE ON YOUR PRE- AND POST ACTIVITY MEALS. TYPE APPLEGATE

EGGCELLENT

Need a quick, inexpensive source of protein? Eat an egg. One egg has just 75 calories and provides six grams of high quality protein. It's also packed with iron, zinc, vitamin B₁₂ and lots of other nutrients, most of which are found in the yolk, according to the American Egg Board. For more information, check out aeb.com or enc-online.org.



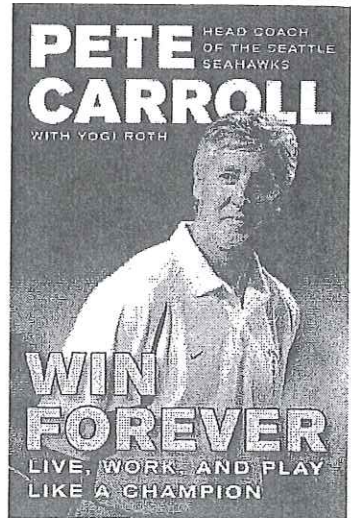
Ladder of Achievement



- 100% I DID
- 90% I WILL
- 80% I CAN
- 70% I THINK I CAN
- 60% I MIGHT
- 50% I THINK I MIGHT
- 40% WHAT IS IT?
- 30% I WISH I COULD
- 20% I DON'T KNOW HOW
- 10% I CAN'T
- 0% I WON'T

WIN FOREVER - LAYING THE GROUND RULES

Below are notes from Pete Carroll's "Win Forever". This book was one of six selected for our staff fall reading project. The following notes come from the "Laying the Ground Rules" section. Carroll offered "Three Rules" that gave a basic framework that would apply to any organization seeking to establish a culture:



#1: ALWAYS PROTECT THE TEAM

- Players need to be: "Fully aware of what they were doing at all times and to understand that for every decision they made there would be a result that affected the team."
- Seek outcomes that would protect their family.
- "Collectively, we used Rule One most after losses. Fortunately, we didn't have a lot of them, but each one was monumental for us."
- "It was vital that our players understood every decision made on every snap. It is easy for a young athlete to lose focus or fail to comprehend the importance of his assignment on each play, but it was our job as a staff to tap into each player's conscience."
- It was important that when framing analysis, "not in terms of laying blame but rather to point out that when someone failed to execute, it may have been because he did not fully understand his responsibility." It is important to remind players: "Everything counted and sometimes experiencing a loss created the best opportunity for that."

#2: NO WHINING, NO COMPLAINING, NO EXCUSES

- This rule surrounds team language, or as Carroll calls it, "self talk".
- A negative mentality creates negative thoughts.
- "A positive approach creates the power of possibilities."
- "If a player had a direct problem with me or how I was coaching, I not only wanted to hear about it, I felt I needed to."
- "If a player had a problem with playing time, I wanted him to talk to his coaches before he complained to his teammates."
- "By encouraging our players to communicate in such ways, we developed a positive mentality for the entire team."

#3: BE EARLY

- Be organized and show respect.
- Players can't choose when to be early and when not to.
- "Rule 3 is an opportunity for new players to understand the uncommon level of performance we expected from them in every aspect of their lives."
- If a player was going down the wrong path: "We would bring the player into our staff room and have a roundtable discussion. We would tell the player that by being early, he would make every aspect of his life easier. By being organized he would play with more confidence, and by taking notes he should be more prepared."
- "One he got the message, not only would he become the first guy in the meetings, but over time he would improve his play and also recognize an important chance to improve his commitment to teammates."
- A team needs rules and guidelines.

Facts About Wrestling Hygiene

Showering between matches at wrestling tournaments isn't always feasible. This lack of cleansing for as long as 10-12 hours leaves the skin significantly more susceptible to dangerous infections such as staph (including MRSA), herpes simplex and ringworm.

But there are preventive steps you can take. The athletic training staff at North Idaho College, led by Randy Boswell, MA, LAT, ATC, has developed a simple, cost-effective system that their wrestlers have been using to great success for more than three years. They published their process in the NATA News August 2008 issue. Here's how it works.

Simple, 3-Step Process

1. After each match, every wrestler wipes his or her body with paper towels to soak up sweat.
2. This is followed by wiping the skin clean with baby wipes to eliminate bacteria.
3. Finally, wrestlers dry themselves with paper towels.

Benefits

In addition to being inexpensive, this method assures that each athlete uses a clean, single-use product that can be discarded, reducing the risk of spreading contagious skin conditions. What's more, baby wipes are hypoallergenic so they don't irritate the skin like some products might.

For more information, visit summahealth.org/sportshealth or call 1-888-7-SUMMA-SPORT.

- Summa St. Thomas Hospital
20 Olive St. #201
- Summa Health System at Western Reserve
5655 Hudson Dr., Suite #315
- Summa Barberton Hospital
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Same Day/Next Day Appointment offered by calling the physician referral line at 1-888-778-6627.



summahealth.org/sportshealth

Nilesh Shah, M.D.

Dr. Shah completed his sports medicine fellowship at The Ohio State University. He is board certified in Family Medicine and possesses a Certificate of Added Qualifications in Sports Medicine.



James Goff, D.O.

Dr. Goff received his medical degree from Ohio University College of Osteopathic Medicine and completed his fellowship training in sports medicine at The Ohio State University Medical Center. He is board certified in Family Medicine and possesses a Certificate of Added Qualifications in Sports Medicine.



Tom Bartsokas, M.D.

Dr. Bartsokas received his medical degree from Southern Illinois School of Medicine and Masters Degree in Exercise Physiology from University of Wisconsin, Lacrosse. He was also a physician for the 1996 and 1998 Olympic Games. He is board certified in Family Medicine and possesses a Certificate of Added Qualifications in Sports Medicine.

