

## 4.5 Ohio State Wrestling Prospect Expectations

Please Sign and fax to: 614-292-8480. Or send to: OSU Wrestling, 1160 Steelwood Rd, Columbus, OH

Continue your development as the total person (Socially, Academically, Athletically, Spiritually)

### Weight

- 125, 33 within 9 pounds of weight class fully hydrated when report to campus in Sept
- 41, 49, 57 within 10 pounds of weight class fully hydrated when report to campus in Sept
- 165, 74 within 12 pounds of weight class fully hydrated when report to campus in Sept
- 184, 197 within 13 pounds of weight class fully hydrated when report to campus in Sept

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#### - Nutrition- Basics

- 5 small meals per day with lots of water
- Supplements are good (Advocare(or other) multi vitamin Core Plex + Catalyst)
- Limit your fried foods/fast foods. They provide poor nutritional value.
- Wheat pasta (angel hair, rigatoni, spirals) should be eaten everyday for lunch.

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#### - Conditioning + Strength

- Fit test challenge at first work-out in September (3 mile run) 125-165 under 20:00 174-197 (under 21:30), HWT (under 23 minutes) Penalty if you don't make it AM runs.
- Run 12 miles per week after HS season (run at least 3x per week)
- Strength 3-4x per week (2 workouts per week power + 1 workout circuit)

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#### - Philosophy

- Wrestle Aggressively with focus on skill and effort
- Build Your lead each period
- First to center of mat
- Defense foundation with focus on shot to each leg, go-behind, escape and tur

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#### - Social Life

- Please "request me as Friend" if you have Facebook account and keep it clean!
- Please properly manage your social life. FYI- We frequently test for drug use.

### Spring/Summer Expectations

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- Wrestling 2x Per week
- Strength 3-4x Per week (see strength plan)
- 25 matches from State tournament to the September when you report to campus.
- Competition Freestyle states, Flo Nationals, HS Nationals, Fila Jr. World Team Trials, Jr. Nationals.
- Attend RTC training Camp in C-bus for 2 weeks (Cost \$11/day + food)(August 15-19, 22-26)

**Initial** \_\_\_\_\_

I have read the above expectations and understand that as a member of the Ohio State Wrestling team I must adhere to them. I am proud to be a Buckeye and will represent myself, my family, the fans, my teammates, the coaching staff and the OSU administration to the best of my ability.

**NAME (sign neatly)** \_\_\_\_\_

**DATE** \_\_\_\_\_

**Cell:** \_\_\_\_\_ **Email:** \_\_\_\_\_