

## Spartan Pre-Match Routine for Tournaments

<u>Activity</u>	<u>Routine</u>	<u>Where</u>
Pack-it	Have everything you need for your tournament. Warm-ups, shoes, singlet, headgear, music, lucky items, pillow, etc. If you want two sets of headgear—then bring two sets. Make a checklist if you need to.	Onawa
Cut-it	Make weight with as little drama as possible. Ideally, you should be from ½ under to ½ over the night before weigh-ins. Float the weight over night and be ready to dominate the competition in the morning.	Onawa
Fuel-it	A warrior needs fuel to perform. Bad fuel in a car makes it run poorly, and the same holds true in your body. Immediately get fluids—water! Not fruit juice, not sports drinks—WATER! Human bodies are 70% water, and not Gatoraide. When selecting food you must detach your tongue. In other words, forget about taste and eat for performance. You want to eat fast burning carbs, slow burning carbs, and long burning “good” fat. <b>It should go like this after every weigh-in and EVERY match.</b> <div style="margin-left: 40px;">                     Water +                      Fruit (apples, oranges, &amp; bananas) +                      Bagels with cream cheese or peanut butter OR                      Peanut butter and jelly sandwich OR  <u>Nut mix =</u>                      High energy for performance!                 </div>	Combat Post 1- Command Center (The Bleachers)
	The fuel-it routine is the best time to talk with your parents/friends.	
Rest-it	Sleep. Get horizontal and lay down. You can use the relaxation routine we use in practice. The idea is to get detached from wrestling. Take your mind away from competition and just relax. You should wake up about 30-20 minutes before you wrestle. Once you wake up you should drink water, use the restroom and head to the staging area. You should always “rest-it” after every fuel-it you have.	Command Post 1- Command Center
Visualize-it	Move to the staging area and begin to stretch/warm-up. Make sure you break a sweat. Go through your visualization routine. Decide which dog is controlling you—Big Dog or Little Dog? Insert your Big Dog DVD. Recognize adrenaline for what it is and channel it in a positive way.	Combat Post 2- Staging Area
Compose-it	Confidence will come and go. It's fleeting especially when you're called on-deck—your emotions will be surging. Do a Big Dog meltdown check. Chase away your doubts, and flick on your Big Dog switch! In other words, turn on your emotion—“You're not in the sandbox anymore. You don't have to share, and it's not time to be nice—It's him or you. Regardless of the outcome you're going to give him the fight of his life.” Believe!  Remember: adrenaline is a good thing.	Command Post 3- On-Deck
Dominate-it	This is more attitude than routine. Nonetheless, there is still a mental routine you should go through. While you are wrestling focus on the battle itself, and not the outcome. Focus on attacking and reacting— the Battle! Don't worry about what anyone will think, don't worry about your dreams—just attack and react— battle. Once you can do this you will be in the “ZONE.”	Combat Post 4- The Battlefield (The Mat)