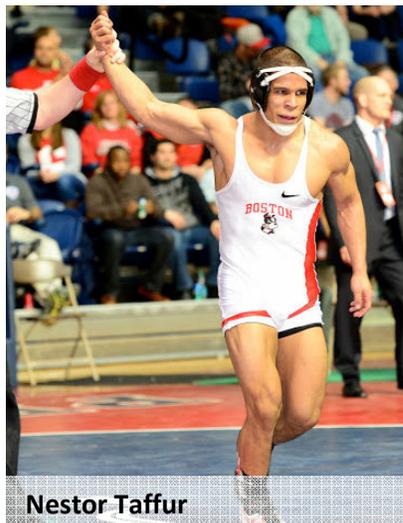




Sport-Specific Training Programs

Sports Medicine and Fitness & Sports Performance



Nestor Taffur

Wrestling

Wrestling is a challenging sport that is especially hard on an athlete's body and joints. Sustaining and losing weight is also physically and mentally demanding, and if done inappropriately can significantly weaken the body. The burdens of training sessions and weight maintenance can lead to many different injuries, some of which include:

- knee injuries
- back and neck strains
- shoulder injuries

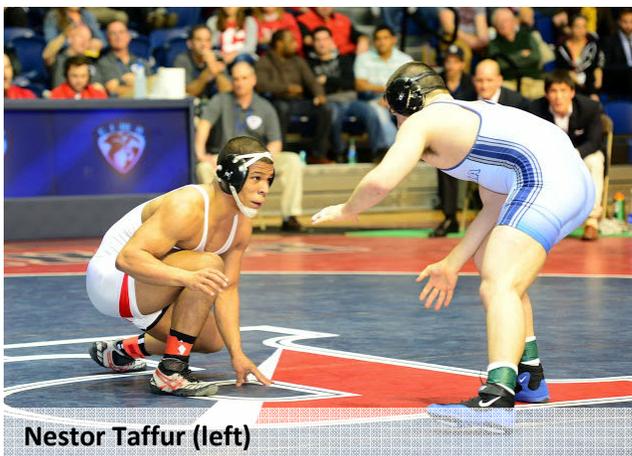
Most wrestling programs focus on four aspects of their athletes' training programs:

1. technical skills
2. drilling moves
3. conditioning
4. simulated wrestling matches



Nestor Taffur (left)

However, strength training and conditioning and proper nutrition are often absent from programs of this sort. Appropriately integrating a strength training and conditioning program into a wrestling training program will further increase muscle strength, power and endurance.



Nestor Taffur (left)

Often, wrestlers are not aware of the impact that diet has on performance, and as a result, do not eat or perform properly. It is important to emphasize that proper eating consistently helps maintain energy levels needed during intense training sessions and matches.

St. Luke's Fitness & Sports Performance Center – West End
 St. Luke's West End Medical Center
 501 Cetronia Road
 Allentown
 484-426-2540

Monday – Thursday: 5 am – 10 pm
 Friday: 5 am – 8 pm
 Saturday & Sunday: 7 am – 4 pm

St. Luke's Fitness & Sports Performance Center – Bethlehem
 77 S. Commerce Way
 Bethlehem
 484-526-3177
 (child sitting services available)

Monday-Thursday: 5:30 am - 10 pm
 Friday: 5:30 am - 9 pm
 Saturday & Sunday: 7 am - 4 pm

St Luke's
 Fitness & Sports Performance

www.sluhn.org/getfit

Continued on back.

My Health. My Hospital.

**St. Luke's Fitness & Sports Performance
Center – Easton**

St. Luke's Anderson Campus
1700 St. Luke's Boulevard
Easton
484-503-0100
(child sitting services available)

Monday - Thursday: 5:30 am - 10 pm
Friday: 5:30 am - 9 pm
Saturday: 7 am - 4 pm
Sunday: 9 am - 4 pm

**St. Luke's Fitness & Sports Performance
Center – Warren**

St. Luke's Hillcrest Plaza
755 Memorial Parkway, #D-21A
Phillipsburg, NJ
908-859-8833

Unfortunately, many wrestlers do not learn about the importance of nutrition and strength training until the final years of their careers, if at all.

St. Luke's Sports Performance features college-degreed, skilled coaches who are Certified Strength and Conditioning Specialists (CSCS). These coaches use their knowledge base to provide a comprehensive analysis of the athlete's performance level. Training protocols are specially designed to help develop the athlete's overall wrestling athleticism, and retrain the nervous system and neural pathways to respond with greater speed and precision. A comprehensive approach to proper weight management through an evidence-based sports nutrition plan is also provided.

St. Luke's Sports Performance training can help reduce the likelihood of injury through the development of dynamic flexibility and mobility, strength and stability and the functional development of proper movement technique. St. Luke's Sports Performance training involves the use of scientifically proven training methods to enhance wrestling performance:



Nestor Taffur (in white)

1. **Strength & Power:** The maximal force that a muscle or muscle group can generate with velocity.
2. **Agility:** The ability to accelerate, decelerate and change direction quickly while maintaining good body control without decreasing speed.
3. **Metabolic Development:** Development of energy systems necessary to replenish energy requirements for optimal wrestling performance.
4. **Injury Prevention:** Prevention of acute and overuse injuries through the use of performance testing and wrestling-specific power, agility, plyometric and speed training.
5. **Recuperation:** Ability of an athlete to adapt to the physiological stress of training, resulting in enhanced wrestling performance.

Nestor Taffur

The winningest wrestler in Boston University history, Taffur is new community wrestling liaison for St. Luke's Fitness & Sports Performance.

“Nestor will be a role model for the Lehigh Valley wrestling community,” said John Graham, Senior Director of Fitness & Sports Performance for St. Luke's University Health Network. “We're asking him to be committed to his sport, in his areas of expertise, and to support the local wrestling community. He's going to excel in this role.”

Taffur will work with wrestlers in the areas of strength training and conditioning, recruiting and academics, leadership, nutrition, concussion prevention and rehabilitation. Taffur will also work with Graham to develop a wrestling “playbook,” a one-stop manual that will offer wrestlers information on everything they need to be successful.