



Letter from the Editor

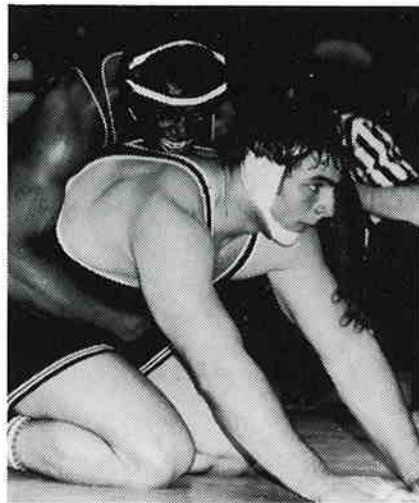
Cal

A POTPOURRI OF ALL-AMERICA, LEWIS, ESPN

The last issue of *Wrestling USA* contained the annual All-America nomination form. The number of nominations submitted each year continues to grow. Because of the increased interest in the yearly selections the quality of the teams has improved phenomenally since they were started ten years ago. Wrestlers who would have made the first team in 1972 are now relegated to Honorable Mention status. The accuracy of the selections can be somewhat validated by following our All-Americans in their collegiate and freestyle careers after high school. We have achieved years when fifty percent of the twenty NCAA finalists were past *Wrestling USA* (or *Scholastic Wrestling News*) All-Americans.

If you know of an outstanding wrestler in your area please make sure that he receives his much deserved recognition by reminding his coach to submit a nomination. Selections are made not only on the basis of wrestling record but also on leadership, academics, community service, and activities in addition to wrestling. Remember . . . only seniors are eligible and nominations must be submitted by April!

This writer had the pleasure, in 1975, of coaching the National Junior Freestyle Team



COVER PHOTO: Number One NCAA ranked Bruce Baumgartner, heavyweight from Indiana State, wrestling Mike Evans of Louisiana State in the semi-finals at the Midlands; Baumgartner won 8-2. Photo by Michael M. Miller.

that was scheduled to compete in the USSR but ended up in Canada due to a political con-game played by the Russians.

On that team was a high school sophomore by

the name of Randy Lewis. All coaches work with a kid occasionally that will forever have a place in the coach's heart. Randy was one of those kids for us (His voracious appetite for ice cream will never be forgotten!). We have followed his career with a great deal of enthusiasm and private emotional support, and his two NCAA titles were especially pleasing because he is remembered as one we hope the best for. A bit of misfortune struck this year as the result of an elbow dislocation suffered in the Iowa-Iowa State dual. His opponents may not feel the same way . . . but we wish him a speedy recovery. Hopefully he will be back on the mats by the time you read this!!

We sincerely hope that wrestling fans across the nation will express their appreciation to the full-time sports network ESPN for their coverage of Wrestling. The January broadcast of the finals and semi-finals of the Midlands Tournament was a great event for those of us who for years have been asking for wrestling coverage on network television.

The telecast was professionally done and expertly commented by Ken Kraft. Spot interviews with the champions were interesting and offered insights into strategies and personalities.

This was not, of course, the first telecast of

(Continued Page 5)

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MORE Letter from the Editor

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The scholarship may be sought by any wrestler who competes in the club's annual First Colonies Open Tournament. Information on the 1981 First Colonies Open, scheduled March 21, may be obtained by writing to Peninsula Wrestling Club at 222 Virginia Avenue, Williamsburg, Virginia 23185.

A mechanical engineering student at ODU, Casher also was a Dean's list selection as a freshman. He earned a 3.71 grade point average for the year, includ-

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—Ben Altschuler, Chairman
Peninsula Wrestling Club
Williamsburg, VA

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—J.J. Gassman
Head Wrestling Coach
Berkmar High School
Lilburn, GA





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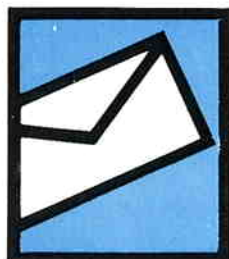
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Focus on America
 For Age-Group Wrestlers Looking
 For The Toughest Competition 6
 Tips and Secrets 7
 USA State Reports 11
 Coaching Tips. 18
 National Honor Roll 23
 Feature 24
 Jobs in Wrestling. 26
 Profile of a Champion 27
 Ready, Comment 29

2	Letter from the Editor			USA Mat Notes NEW WRESTLING RULES	14
3	Letters to the Editor			Important Wrestling Dates NCAA DIVISION CHAMPIONSHIPS	30



LETTERS

Letters to Editor should be legible and brief or may be edited because of increasing space requirements. Anonymous letters will not be printed and those with signature and address will take precedent over "name withheld" letters. Wherever possible questions will be answered by the editor to avoid repetition. All letters are considered, and we encourage criticism.

Ed Garber

Words alone contain a frailty that cannot measure or diminish the loss of Ed Garber, yet I wish to convey my deepest personal feelings of remorse over his death on Christmas Eve.

We who were privileged to know him, shared joy and worked with him, loved and respected him. Dedicated, personable, astute of mind, he gave full measure of himself to all beloved and believed in.

Amateur wrestling, the sport he loved and worked tirelessly for, the National AAU Wrestling Division, the cause and philosophy he espoused with heart and mind, have suffered an immeasurable loss.

Husband, father, friend, counselor, referee extraordinare, selected for three Olympic Games, and legal advisor for both the National AAU and the International Amateur Wrestling Federation, he was a man greatly admired for the breadth and scope of his abilities and

talents.

There are many friends and associates from throughout the world who are deeply saddened by the loss.

—James C. Peckham
 National AAU Freestyle
 Wrestling Coach
 1976 Olympic Coach

Outstanding Wrestler & Valedictorian

David L. Casher, 1979 wrestler and valedictorian at Bayside High School, Virginia Beach, Virginia, has been awarded the first annual scholarship grant by Peninsula Wrestling Club of Newport News, Virginia.

Casher, a 134-pound sophomore at Old Dominion University, wrestled behind ODU All-American Buddy Lee last season

(Continued Page 5)



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 Wrestling Coach
 Room 192C - Activity Center
 Tempe, Arizona 85281
 Telephone: 602/965-3828



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Held at Bella Vista High School in Fair Oaks, California, the 1980 tournament drew 325 wrestlers, age 14 and under, from 5 states. This group included 4 World Champions, 8 Grand National Champions, and 39 Western National Champions. Several weights had 4 Western National Champions in that particular weight.

The 1981 tournament will make some important changes from the past tourney format to encourage even more competition. One of the most important changes will be the addition of an advanced age group. (NOTE: This tournament uses a January 1, 1981 birth date.) We have added this group by popular demand of coaches and wrestlers everywhere.

Another big change will be the switch to Freestyle rules, rather than collegiate. Again, this change was made to honor the request of many coaches. The tournament will still follow the line-bracketing format, rather than bad point system, because the number of competitors expected could not easily be handled in a one day bad point tournament, since we are limited to 5 mats. The tournament is very carefully seeded, and any wrestler losing to a finalist may wrestle back for third and fourth place.

Awards at this tournament are unsurpassed anyplace that we have found. The




traditional championship award will remain the gold statue of the Greek wrestlers, mounted on a walnut base with an engraved plaque. Second and third place winners will receive the popular nylon mesh T-shirts with appropriate inscription. Fourth placers will receive a very nice medal.

Each participant at this tournament will receive a free tournament program listing the brackets for each weight to be wrestled, complete with names of the boys in each division. The 1981 entry fee will be \$7 to cover the increase in the cost of the outstanding awards. As before, this tournament is pre-registration only - - absolutely no exceptions to this rule.

For more information contact Charles or Ralphene Lee at 5501 Hesper Way, Carmichael, California 95608. Telephone 916-967-2413. All entries must be post-marked by March 31. Absolutely no weight changes can be made after this date. This rule will be enforced without exception.




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TIPS and SECRETS

The New Rules: Motivations, Characteristics And Role Of The Coach In Their Implementation

By Milan Ercegan
President of FILA

I have heard various comments in connection with the latest changes introduced in the Rules of Wrestling. Every comment, in fact, reflected a given point of view: sentimental, conservative, national or strict adherence to some principles. Some of them were substantiated with arguments, some were not. Some of the opinions were in favor, and some against the New Rules. In fact, those who were in favor usually kept silent whereas those against constantly complained and protested.

Free from any kind of prejudice, personal interest or external influence I would like to take advantage of this opportunity to say that it was myself who after an in-depth analysis of the Rules decided to bring up the issue of their modernization. At first, many were in favor with the substance of the suggested changes, but later decided to take a contrary stand. We were publicly in opposition with one another, the temperature of our discussions was getting higher and higher and almost reached the point of boiling. On the following day, however, since sleep brings counsel, we were usually able to produce valuable arguments and convince the other party of the correctness of this or that view.

The New Rules are based on arguments and not on feelings and emotions. The Rules have to be changed in order to meet the requirements of contemporary life. Nowadays sport is expected to offer a whole range of spectacular experience attractive to the young. Sport pertains to the dynamic sphere of human life. Men wish to participate in it and experience its beauty, either as active participants, or observers.

Nowadays we have to use our best endeavors to attract not only active participants, but also active viewers. Moreover it is through mass media that we are in a position to attract millions of viewers provided something interesting is taking place on the screen.

What does a wrestler feel on the mat when he is not engaged in a creative acti-

vity?

What does a spectator feel when he remains completely alienated from the event on the mat?

What does a TV viewer feel, think and say about our sport when watching on the screen two wrestlers on the mat engaged only in pushing each other?

Nine minute contests at tournaments and championships are too long. Also, they are too exhausting for the wrestlers because they contest 4 times a day, whereas the other athletes enjoy the advantage of competing only once a day. We should also adopt a humane approach to wrestling and have in mind our athletes rather than officials.

The shortening of the duration of the match has been the most important achievement so far. Thus we have gained time and improved the quality of wrestling. In fact we have sacrificed only those aspects which in the past used to burden the athletes, coaches and spectators, namely exhausting and passive wrestling. We cannot develop up-to-date wrestling on the grounds of the factor of passivity and exhaustion of the opponent because they are no longer admissible. At least not at official championship and competitions organized under the auspices of

FILA. On the other hand, it is up to each national federation to maintain the 3x3 patten if it deems it suitable and acceptable at its national level.

Our tournaments and championships have to be up-to-date.


We have finally succeeded in having true final contests. Thus the press, the viewers and the competitors are given the opportunity to see and understand what a true final in wrestling really looks like.

The Rules have been changed not in order to meet the interests of some federations, but in the light of a brighter future for wrestling. We are trying to keep abreast with the requirements of modern life. For sentimental reasons some will continue to regret the adoption of these changes. But, we have to be realistic and up-to-date.


Updateness in wrestling is the main reason underlying all our changes introduced in the Rules.

(Continued Page 8)

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MORE Tips & Secrets

And now I would like to say a few words about some technical aspects of these changes and their impact on wrestling.

There is a close relationship between the Rules of Wrestling, on the one hand, and the methodology and technology of athletic training, on the other, which is of particular interest for coaches. Mr. Raiko Petrov will discuss these aspects at a greater length. On my part, I would only like to mention some marginal aspects of this relationship.

The changes in the methodology, or rather technology of the training process, to a very high degree depend on:

- a) Adaptation to the speed requirements.
- b) Assimilation of new technology which requires an increased repertory of actions and holds;
- c) New holds with regard to resistance, its speed in particular;
- d) Tactical variants in our conditions.

All previous changes of the Rules had been only partial. The latest changes are the most substantial ones and as such they call for a completely new approach to the technology of training.

Among the substantial changes (disregarding some technical and procedural ones) three should be particularly emphasized because they call for significant alterations in practical work of the coaches. They are:

1. Total wrestling;
2. Universal wrestling technique;
3. Open contest and readiness to take a risk from the very outset.

These three fundamental principles constitute the very foundation of the work conducted by you, coaches in wrestling and they call for in-depth changes in your approach to the training process.

I would like to emphasize that we have decided to proclaim these three principles as basic in the development of a new aspect of wrestling. It is with this purpose that they have been adopted as a foundation of the New Rules.

Officiating is closely related to the implementation of the above principles. The officials will have to demand the implementation of these three principles.

What is, in fact, the true meaning of these three principles?

1. *Total wrestling* constitutes the dynamic component of our sport adopted to the 2 x 3 minute pattern. This implies being active, in attack and defense, all the time. Moreover, the contest has to be rich in content, in other words - rich in action. In order to be able to meet the requirements of total wrestling the ath-

letes do not only have to be resistant (resistance was at the foundation of the Old Rules which provided for a 9, 12, 15 and 20 minute contest) but also to have speed and resistance. This is a new quality. Thus, wrestling has become a "sprinter's discipline". It can no longer be compared to long distance running.

Total wrestling implies the engagement of the whole body in constant wrestling activities.

In case of non-observance of this principle the Rules provide for appropriate measures and sanctions.

2. *Universal wrestling* constitutes a new quality which enriches total wrestling with a new content and provides for the shortening of the contest. It implies new holds, rich action, assimilation of new techniques. It also means wrestling both in standing position and on the ground as an integral part of an indivisible whole.

A great number of assimilated holds accompanied with speed resistance enables the wrestlers to carry out various technical variants. The arsenal of holds in wrestling is a very rich one. Universal wrestling calls for a more developed technical culture.

3. *Open Contest and Readiness to Take a Risk*

Generally speaking attack and defense imply a certain amount of risk. On the other hand, "fear" as a peculiar factor is, apparently most overwhelming in wrestling. In fact, fear prevents the performance of all holds which are not 100% certain. Total and universal wrestling does not accept a pretext that "the opponent is strong" or that "the wrestlers know each other well", etc. I have not seen two boxers each standing in his corner of the ring without trying to engage in boxing because they do not want to take a risk, two fencers far apart on the plancher avoiding to take a risk, etc. The same holds true for sports games. In basketball, for example, the players attack, win and lose.

Readiness to take a risk is a quality of the strong. It is a psychological factor too. It is the task and duty of the coach to develop that aspect within the process of volitive education. The wrestlers should be taught to take a risk in performing holds. The wrestler should fervently wish to win, but also be ready to accept defeat which can help him to improve his technical and universal qualities for future contests.

The absence of readiness to take a risk is not a limiting factor of volitive nature, but rather the outcome of education. In fact, it is the coaches and the officials that are more afraid of the risk than the wrestlers themselves.

Therefore moral and volitive qualities in wrestlers should be developed in the same manner as, e.g. the technique of given holds because only then will the wrestlers be free from fear and consciously prepared to take a risk.

What is the impact of these fundamental principles on the new aspect of training technology?

Relationship Between Resistance and Speed.

In the past resistance used to play a predominate role in wrestling. A 3 x 3 pattern of wrestling and three to four contests a day called for the development of resistance within the training process. The point was to adapt the organism to long lasting and exhausting contests. The tactics used to be under a very strong impact of whether the wrestler would be able to "endure" all that work load and make the necessary effort within one match only in one day, or whether he should be more economical in consuming his strength in order to be able to participate in the following match as well. These, are in fact, the roots of the increase of passivity. That is why the volume of the training had to be increased in order to enable the wrestler to endure all exhausting contests. According to the Dr. Lisa's analysis the third bout was mainly passive. At that point the wrestlers were already dead tired, disqualified or used to fall in touche. In the light of such a situation it was only an illusion of passivity.

All these troubles which the wrestlers, the coaches and officials had to cope with in the past, have come to an end. It is also a relief for the spectators.

Contests according to a 2 x 3 pattern are something different. This duration calls for a different approach to wrestling. The wrestler has to be resistant, but in a different way. It is speed resistance that is now required. In the aim of developing this quality a new training technology should be implemented, based on the following principles: *speedier, stronger, shorter and more often.*

Two aspects should be born in mind in the process of development of speed resistance, namely; training for the development of athletic fitness or situation training (contest on the mat) should not be reduced to the endurance of only 2 x 3 minutes with appropriate intervals of rest in order to enable the wrestler to participate in two or three contests a day according to a 2 x 3 minute pattern. Total and universal wrestling of an intensive pace requires a much more developed resistance than necessary for a 2 x 3 minute

(Continued Page 9)



MORE Tips & Secrets

contest. The volume and intensity of the training process enables the wrestler to accumulate a *sufficient coefficient of reserve physical fitness* for a strenuous contest.

The volume of work load as a factor of the training process has a long lasting effect on the functional capacity of the wrestler. Indirectly, it affects his athletic fitness and its stability. It is a well known formula according to which the smaller the volume, the greater the intensity of work load. In my opinion the intensity of work load is a basic prerequisite for total and universal wrestling.

One important fact should be born in mind, namely: *the quantity of work load during the training must be superior with regard to the duration of the contest.* This means that *the security coefficient should provide for the possibility of participating in several contests during one day.*

The above is of particular importance for strength and endurance. In order to be able to stand a 2 x 3 minute contest up to three matches a day the wrestler has to work considerably more.

Intensity of work has also to be maintained at full pace. This type of work is responsible for the accumulation of *strength reserve* and *coverage coefficient*, namely the quality of contest at top intensity.

The same holds true for the situation training (contest on the mat) the intensity of which depends on the reserve coefficient. Basic strength is most important for the wrestler. In addition to this he needs speed and endurance which all together constitute the very foundation of all situation trainings. Genuine wrestling qualities can only be developed through situation trainings which are implemented during all training stages - sometimes in a more and sometimes in a less intensive manner. As I have already mentioned the coverage coefficient should also be established through situation trainings which is, in fact the reservoir of contest strength. This practically means that trainings should last much longer than 2 x 3 minutes, several times a day, in order to enable the wrestler to endure the intensive pace of total and universal wrestling.

The purpose of my presentation is not to talk about all aspects of the training process, nor to emphasize the necessity of continuity of work load or all stages of recovery.

Total and universal wrestling calls for the development of speed resistance during the training process which (speed

resistance) constitutes a given reserve and coverage coefficient thanks to which the wrestler is able to stand the intensity of the contest.

Strength Factor

Strength plays a predominant role in wrestling. When performing a hold the wrestler has to break the resistance of his opponent who is strong, which means that he has to break the resistance of live strength.

The importance of strength in ground wrestling should be emphasized in the light of the expected increase in this type of wrestling. This means that the coaches should devote much more attention to the development of strength in ground wrestling which in the past used to bring about the performance of beautiful lifts of the opponent.

The new aspect of total and universal wrestling also calls for the development of explosive strength. Work on the development of explosive strength should start rather early. (With children and juniors).

Repetition strength constitutes another important aspect of total and universal wrestling. This means repetition of movements against great load. This type of strength, in fact, enables the wrestler to stand the contest to the end and at the same pace.

The coach should also develop static strength in his wrestlers because it is of decisive importance in resisting the pushing opponent and performing an explosive counter-attack.

This new type of wrestling calls for the development of all elements of strength, including the arms, shoulders, belly, legs, bridge, etc.

A modern wrestler cannot be an athlete with one pronouncedly weak strength factor (e.g. that of the legs).

The Technical Aspect

Universal wrestling is based upon a very rich repertory of holds - technical actions. Wrestling is one of the rare sports in which this arsenal consists of several hundred, almost one thousand holds.

The implementation of the very substance and genuine content of total wrestling depends on the following:

- Technique - numerous and diversified. It can be developed only on the foundation of a good physical preparation;
- The coach develops the technique in his wrestler only on the ground of all elements of strength;
- The implementation of technical and tactical aspect depends on their coordination with the strength factor;

(Continued Page 10)

CONTACT!

WRESTLING

Jim Nance, two-time NCAA National Wrestling Champion at Syracuse University, invites you to make contact with pros and coaches at his full contact and non-contact camps. For the fourth big year, Bound for Glory offers the young athlete the opportunity to develop discipline, determination and desire through wrestling.

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- The implementation of all technical and tactical aspects is increased if based on a developed strength factor;
- Psychomotor precision is indispensable for the performance of technical holds;
- The development of coordination is very important for wrestlers. This is a very complex quality. Therefore the coach should teach complex (intricate) movements to be performed within the shortest possible time.
- Independent movements of given muscle groups should be encouraged during trainings because they (movements) constitute the main element of performance. This means that the wrestler begins by performing the initial part of one hold and ends the action by performing the final stage of another hold. This is, in fact, a combination of holds or "switch over" in the air.
- Development of reaction to counter-attack.

All above activities depend on the ability to coordinate and combine actions.

- Wrestling technique depends on coordination. In fact coordination is at the very root of all technical actions and the manner they are performed.

- Efficiency of a given hold is achieved through frequent repetition, even up to several thousand times;

- The wrestler who has a wider range of holds is in a position to break the opponent thanks to more frequent actions because repetition and aggressiveness bring about an abrupt decrease of the opponent's concentration.

- Technical holds should be repeated as long as they do not become automatic;

- After the exercises the wrestler should perform his automatic holds during the situation training.

- Revival of wrestling on the ground calls for the promotion of the technique of wrestling on the ground, both in attack and defense.

- Wrestlers with only one specialized hold cannot engage in total wrestling. Such wrestlers no longer count in modern wrestling. It is the duty of the coach to enrich the content of actions of his strongest wrestlers. His approach should of course, be adapted to the individual characteristics of each wrestler, the item in the program in the conditions of optimal work load for each individual wrestler, their morphological constitution, speed, etc. This means that each stage in the implementation of the training program should be suited to each individual wrestler. The principle of equal tech-

nology of work for all can ruin whole generations of prospective wrestlers.

In conclusion we would like to emphasize that the technique of holds and their diversity constitute the main content and driving force of total and universal wrestling.

The Technical Aspect

Tactics play a decisive role in the situation when both wrestlers have the same above enumerated qualities. In total and universal wrestling it is the tactics which is decisive for the outcome of a contest.

Therefore, the coach should teach his wrestlers to think independently in order to be able to perform the most suitable variant at a given moment and in a given situation. This also means that very often the wrestler will have to deviate from the initial tactical solution because of the pace of total and universal wrestling which brings about sudden changes in the performance of the holds.

Tactics does not imply withdrawal, nor passivity. It is, in fact, a well pondered initiative regarding the way in which the contest should be conducted, on the ground of a rich arsenal of technical knowledge and holds. Tactics means the ability to think with the aim of reversing the course of the contest. In order to be able to do so the wrestler has to be completely prepared.

Tactics depends on the level of technical knowledge.

Risk Factor

There is no sports performance without risk. The athletes who are not ready to take a risk should not go in for any sport. There is no success without risk. Every single hold implies a certain amount of risk, particularly when it is not completely assimilated.

Risk stems from a moral decision. Therefore, the wrestlers should be educated so as to be ready to perform a hold without thinking of the risk implied in it; without thinking of whether he is going to succeed, or fail. The swimmer who does not take a risk to win or fail does not start swimming upon hearing the start signal. The wrestler who is not ready to take a risk remains in the passivity zone all the time, or only attempts to perform a hold without carrying out his intention.

According the New Rules such attitude is penalized.

In order to be able to take a risk in performing a given hold which may, or may not be successful, the wrestlers must have all the above mentioned qualities.

It is the task of the coach to develop in each wrestler a strong and courageous personality. Only such wrestlers can be-

come champions.

Temperament is a very important element of risk. "Soft" wrestlers should be advised to take up another sport. On the other hand, temperament should be under control. An over aggressive wrestler is not able to perform a hold with precision. He gets too upset and lacks motor precision. In addition to educational measures which should be implemented in such cases over aggressive wrestlers should imposed an increased work load during the trainings. Also, their over aggressiveness should be directed towards a more intensive pace which can enrich the content of total and universal wrestling.

Coordination of all Factors

The level of preparation depends on the coordination of all factors. It is on coordination of all factors that the model of a universal wrestler engaged in total wrestling is built up.

Today, wrestling needs such creative minds and trend setters in that direction.

Gentlemen, as coaches you should be aware of the fact that in wrestling, where two athletes are engaged in contest, it is in fact four persons that are involved in that process. The coach with his preparatory work constitutes an integral part of the contest. The champion and his coach constitute an organ entity.

The New Rules impose serious tasks on the coaches. They themselves should constantly learn in order to be able to teach. A wrestler can make progress only if his coach has outstanding technical knowledge. If this is not the case the wrestler can only reach the ceiling of his coach.

The New Rules and the new aspect of training call for a universal knowledge and a risky contest, which also implies a higher level of knowledge of the coaches.



1981 Wrestling U.S.A. Assistant Coach-of-the-Year

Wrestling U.S.A. will recognize a national Assistant Coach-of-the-Year. Nominations may be submitted by anyone but must be endorsed by the Head Coach. Submit your nominations along with a photo and resume of the nominee's activities by April 1, 1981.



USA STATE REPORTS

If you have important material that should be included in your State Report please send it directly to your state representative for coming editions of Wrestling U.S.A. If you do not see a named representative for your state it may be that the assignment has not been formalized or that we have not received a request from anyone in your state applying for the position. Anyone interested in becoming a State Editor can inquire by writing the State Report Coordinator, Wrestling U.S.A. We feel that the State Reports section is becoming a most important feature and service of Wrestling U.S.A. Support your state wrestling efforts and State Editor with materials and ideas that will help stimulate wrestling in your area.

ME Maine

JAMES HERNANDEZ
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Presque Isle, Maine 04769

MAINE WRESTLING

Welcome back to another exciting season of wrestling in the Pine Tree State. Hello, I am your state editor James Chico Hernandez and I've been involved in wrestling since 1970.

This year's action at the high school level will be between defending State Champions, Sanford High School and cross state rival Rumford High School. Last year Coach Faulaner edged Rumford High School 88 points to 84½ for the title, but it will be different this year. Rumford Coach Perkins finished 1st in the Sixth Annual Redskin Invitational Wrestling Tournament (this is a 16 team tourney with team entries from Rhode Island, Massachusetts, Vermont, New Hampshire and from Maine). Sanford finished 5th behind Burrillville High School from Rhode Island. Don't count out Belfast High School because they finished 2nd place behind Rumford. In other action around the state:

Hyde 45 - Fort Kent 18, Portland 36 - Morse 16, Rumford 51 - Skowhegan 1, Marshwood 36 - Lincoln 36, Belfast 45 - Ellsworth 17, Derrig 48 - Marshwood, Sanford 28 - Phillips Academy, NH 19.

THE SCORE

UMPI 20 - Rhode Island College 32, UMPI 10 - WPI 42, UMPI 24 - Bowdoin 32, UMPI 20 - Plymouth State College 30, UMPI 20 - UMO 29, UMPI 60 - UNB 0 (forfeit), UMPI 17 - UMO 36, UMPI 12 - Boston U 40, UMPI 30 - Mt. Allison 15.

DUAL RECORDS

R. McArthur 7-2, J. Holmer 1-3, G. Rowe 3-0-1, D. Winkmann 6-0, D. Hagelin 3-6, K. Wentworth 5-4, B. Laney 3-6, D. Garland 0-4.

COLLEGE ACTION

University of Maine at Orono, Black Bear Squad, and Head Coach Harrimen are currently ranked No. 1 in the state of Maine. Here is the All-State Midseason selections:

118: J. Holmer UMPI - Callahan, UMO; 126: R. McArthur, UMPI - Goodwin, UMO; 134: G. Rowe, UMPI - Birke, UMO; 142: D. Winkmann, UMPI - Voloato, Bowdoin; 150: Yale, UMO - Hagelin, UMPI; 158: K. Wentworth, UMPI - Cormier, UMO; 167: Culenburg, UMO - Laney, UMPI; 177: Pellitier, UMO - Peterson, Bowdoin; 190: Lyne, Bowdoin - Bellwood, UMO; Hwt: Lyne, Bowdoin - Hughes, UMO.

NC North Carolina

BOB MAULDIN
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NEW TOURNAMENT FORMAT

This year, North Carolina implemented a new state tournament plan for determining the state championships. Although similar to last year, the new set-up called for eight Sectionals rather than ten and four Regionals rather than two. Only the top 16 wrestlers with the best win-loss percentages were able to gain entry into one of the eight Sectionals that ranged from 23-32 teams. The biggest improvement over last year was the use of wrestle-backs. Sectional losers were able to wrestle-back from quarter-final rounds with the top four in each weight advancing to a Regional tournament. Full con-

solutions in the Regionals qualified the top four in each weight in the four regions to fill the 16 brackets in the state meet. It was the consensus of the coaches that the new plan would enable the good wrestler that encountered an 'upset loss' to work back through the consolations for a shot at the state title. The main drawback was the idea that a fast improving wrestler might suffer, due to early season losses and perhaps losing in several tough tournaments. For example, a wrestler with a 15-9 record could perhaps be much better than a wrestler with a 9-2 record that had not been exposed to the real test of competition. However, it is hoped that not many deserving wrestlers were short-changed with the win-loss seeding process.

EAST CAROLINA UNIVERSITY, WILL THEY KEEP THEIR WRESTLING PROGRAM

Ken Karr, the ECU Athletic Director, announced last fall that wrestling, along with another sport, would possibly be dropped to save dollars. This will be very unfortunate due to the many accomplishments that ECU has attained in recent years in wrestling. It is hoped that perhaps some cut-backs can be made without dropping the sport completely. Many of North Carolina's top coaches are graduates of the ECU Program. Many letters have been written en-

couraging ECU to maintain one of their most productive sports. Hopefully, Mr. Karr and his committee will reconsider and Wrestling will be continued.

COLLEGIATE INFORMATION

Bob Guzzo's NC State team at this writing was in command of the ACC race. Frank Castriano (150) and Matt Reiss (177), and several others, hope to pick-up points in the NCAA tournament at Princeton. Reiss won the 167 NCAA title last year as a freshman. Bill Lam at the University of North Carolina will rely on David Cooke, (126), and Jan Michaels, (158), for NCAA representation. Bill Harvey's Duke team, led by Bert Govig at 118, Jack Cecero at 134, Jim McNamera at 167, and Chris Hollies at Heavyweight showed much improvement over last season.

In a recent Carolinas Conference match, Catawba met Pfeiffer. On the opposing team were brothers from Woodbury, New Jersey. Bob Budd, a junior at Catawba, and Kim Budd, a sophomore at Pfeiffer met each other on the mat in the 167 weight class. Bob decided brother Kim, 5-2. Coach Frank "Dutch" Meyer of Catawba was wondering if this had happened on the collegiate scene before. Mike Olsen's Pembroke team and Steve Nelson's Chowan team were both ranked during this past season.

USWF NEWS: NC WELCOMES OTHER STATES TO PARTICIPATE . . .

State Chairman Frank Rader has announced that tournaments have been set for this spring. Rader stated that all tournaments are open to all with a National USWF membership. March 21-Cherokee, NC at Cherokee Elementary School - Greco only - age groups, school boy, Jr., and open. March 28 - Pembroke University - Freestyle - School boy, Juniors, and Open. April 4 - Campbell University, Buies Creek - Freestyle - School boy, Jr., and Open. April 4 - St. Stephens High School, Hickory, NC - Freestyle - School Boy, Jr., and Open. April 11 - Catawba College, Salisbury, NC Eastern Regional Junior Greco Championships, High School age group. April 25 - D.H. Conley High, Greenville in the east, and Asheville High in the West - Freestyle for School boy, Jr., and Open.

(Continued Page 12)



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MORE State Reports

May 2 - East Forsyth High, Kernersville, Greco only, School boy, Junior, and Open. May 9 - Charlotte, NC, Providence Day School, Freestyle, School boy, Jr., and Open. May 16 - Qualifier for Iowa in Greco, to be arranged. May 23 - Qualifier for Iowa in Freestyle, Junior level at Pfeiffer College, Misenheimer, NC. For additional information contact: Frank Rader, P.O. Box 147, Davidson, NC 28036. Home phone 704-892-0502.

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H.S. TEAMS PRELIM FOR IOWA-CLARION
In an unusual high school preliminary match to an exciting college match-up, Shaler High, a perennial District Seven powerhouse, (coached by Bob Siar and Rick LaFierere) met the always rugged Elkers from Ridgway, District Nine (coached by Chris Koll). It was a pin-or-be-pinned match as Shaler matmen had three falls, two defaults, and a major, while Ridgway countered with five falls and a decision. The final score was Shaler 34-Ridgway 33.

Both coaches (Siar and Koll) are highly innovative and very successful. Siar directs many, many successful tournaments in the off-season which helps to prepare his wrestlers for the competition, while Koll has his team enter as many tournaments in December as soon as possible.

ED OTT-PIRATE CATCHER WAS A PA WRESTLER

The Associated Press recently carried a special article on the wrestling background of Pittsburgh Pirate catcher Ed Ott.

Ott wrestled for Earl Poust at Muncy High (District Four). He didn't begin wrestling until his seventh grade year largely because there were not as many elementary or junior programs as now exist.

Two of his rare losses were to eventual state champions.

"Wrestling definitely made me a lot stronger," Ott emphasizes. The outstanding athlete was also a star running back and had to shed 22 pounds to make the 165-lb. class.

JOE CESARI

The Reading Eagle spotlighted one of the fine coaches in Pennsylvania, Joe Cesari of North Schuylkill (District 11). Cesari initiated the program at North Schuylkill in 1964 and in his first two seasons he amassed a not-too-bad 8-15 record. In the last fourteen years, his teams have enjoyed seven undefeated seasons, set a state record by winning 76 straight duals, won 127 straight in the Schuylkill League.

A HEAVYWEIGHT TO WATCH

Drexel University may not yet be ready to challenge the Iowa-Oklahoma-Oklahoma State boys yet, but they are making great strides under the direction of former East Stroudsburg wrestler and coach at Stevens Trade, Jack Childs.

Leading Jack's Dragons is heavyweight Keith Wenger (Manheim Twp., District 3) who compiled a remarkable 25-1-1 record last year as a frosh and is truly doing an outstanding job again this year. Look out, Dan, Jack's Dragons are on their way!

ANOTHER TEAM LOOKING UP

Magic Johnson, John McEnroe, and Dave Parker have nothing over on Neil Turner. The first three are busy turning Seven-Up, while Turner is busy turning the wrestling program at Lock Haven State into an upswing.

Admittedly, Turner has no hobbies or outside interests other than wrestling so he devotes most of his leisure (?) time to his sport. His approach includes a plethora of public relations, i.e. a pressguide, contests held among frats and sororities to promote wrestling at the Haven, speaking at Service Clubs, giving direction to a Wrestling Club, etc.

Highlights include a good showing in the Mat-Town Invitational, three wins at the Slippery Rock Quad, and several individual titles in various tournaments, most notably second-year man Mike Millward's second place finish at the tough Wilkes Tournament.

LITITZ LIONS TOURNAMENT

The eleventh annual Lititz Lion Tournament found Warwick High (District 3) capturing the team title for the fourth straight year, amassing 139 points to runner-up Central Dauphin's 125. Other teams point totals were Wilson (102),

Hanover (97½), Susquenita (91½), Schuylkill Valley (61), and Conestoga Valley (58½).

The finals:
98-Ken Wilson (WA) dec. Jeff Barr (CD), 15-3. 105-Doug Kuhn (H) dec. Gene Bollman (WI), 4-3. 112-Gary Schnupp (WA) pin Mitch Weikert (H), 3:25. 119-Mark Keller (CV) dec. Ray Barrick (S), 9-8. 126-Mike Rudolph (WI) dec. Dan Swanger (CD), 8-5. 132-Scott Zeigler (H) dec. Scott Smith (S), 17-4. 145-Larry Myers (S) dec. Barry Clair (WA), 13-5. 155-Brian Koller (CD) dec. Mike Landis (WA), 8-5. 167-Dave Gardner (WA) dec. Rory Lenker (CD), 11-6. 185-Leroy Schannauer (WI) dec. John Ewell (CD), 3-3, 2-1 ot. Hwt-Steve Suruski (WI) pin Bob Stewart (CD), 1:38.

OVERTIME

Some of the outstanding dual meet teams this season thus far include: Easton, Shikellamy, Waynesburg, North Allegheny, Chartiers-Houston, Danville, Bethlehem Catholic, Cedar Cliff, Cumberland Valley, Reynolds, Bald Eagle Area, Hempfield, Meadville, Ridgway, Phoenixville, Lake Lehman, Selinsgrove, Big Spring, Fort LeBoeuf, Burgettstown, Washington, Williamsport, Mt. Union, Lewistown.

We are no longer doing the TOP Twenty-five ratings as the expense of subscribing to over fifteen newspapers got a little too much.

Former Erie area wrestlers are doing well in the "Big Time". Nate Carr and Kevin Darkus are both doing their thing for Doc Harold Nichols' Iowa State squad.

We recently had a chance to chat with Nebraska coach Bob Fehrs. His wrestling technique and know-how take a second to no one in the country. Bob is one of the hardest working coaches in the USA. Assisting him is Kelly Ward.

Former Bellefonte High head coach Tom Muir is principal at Tussey Mountain High.

Ex-Penns Valley coach Doug Niebel is assisting with the program at Bermudian Springs.

When was the last time one team had FOUR state champions in a single year? Twenty years ago - - Lock Haven High. The four: Mike Johnson (4-time state champ, 84-0 career, never taken down), Jerry Swope (2-time state champ), Gary Cook, and Lee Deitrich were honored recently at a Lock Haven High dual

meet for their amazing feat along with their coaches Hall of Famer Bud Stehman, John Englert, and Joe Hammaker. The closest any team has come to this lately has been Charley Bartolet's 1976 squad which boasted three state champions.

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CONGRATULATIONS

Senior Cowboy Jimmy London (142) set a new Wyoming career win record by winning his 94th match of his career besting former Cowboy Larry Deal's old record of 93 wins. Jim has also claimed four tournament championships to date, is currently the team captain, and as of this writing is ranked 5th in the nation by Amateur Wrestling News. Adding to his accomplishments of this year Jim has set a new school record of 32 wins during the 79-80 season.

Chris Bell of Salinas, Kansas is off to an outstanding year boasting a record of 20-1 with a couple of tournament victories. Chris was also ranked in the top eight in the nation at one time during the year by Amateur Wrestling News.

Lonnie Currier (134) who is also from Kansas, is having an outstanding freshman year for the Pokes with a current record of 18-4 and several good performances at the tournaments the Cowboys have wrestled at.

Other Cowboys showing promise for Coach Joe Dowler are:

Jerry LaValley, 118; Merle Smith, 150; Tom Seamans, 134; Dave Patterson, 177; Bill Hodge, 118; Brian Lampe, 150.

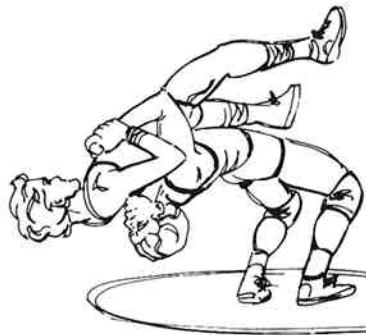
COWBOY TEAM RESULTS

Coach Joe Dowler's young team is currently 3-1 in dual action and have done a good job at tournaments. The Cowboys took third at Nevada-Las Vegas Classic, 8th at the tough Arizona Invitational and were in top form at the Southwest Open. The Cowboys recently won their own four team Wyoming Invitational

(Continued Page 13)

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over runner-up NAIA National champs Adams State, Weber State and Colorado State.

NORTHWEST COMMUNITY COLLEGE

Coach Skip McCrary's Trapper team is composed of 25 wrestlers and a majority of them are from Wyoming. Wyoming wrestlers currently on the Trapper team are:

Scott Chipperfield, Dan Cooley, Tom Crichton, David Daniels, Alvin Fowlkes, Kevin Horton, Brandon Purcella, Jim Vigil, Bob Pearce, Kevin Horton, Steve Larson, Niki McCulley, Tim Metzler, Rick Mickelsen, Will Murdoch, Craig Sjolín, and John Wells.

It is sure good to see our Wyoming High School wrestlers continue to compete in a sport that we all love so much. In my opinion it is a shame that NWCC is the only junior college in the state of Wyoming that offers our wrestlers a chance to continue in the sport of their choosing.

Best of luck to Coach Skip McCrary and his Trapper Wrestling team at the nationals this spring.

HIGH SCHOOL

By the time this report gets to Wrestling U.S.A. readers, Wyoming's state tournament will have been completed. I feel Wyoming will have a new state Champ AA team and that Star Valley will repeat as Class A champ. Star Valley coached by Rich Hoopes will have place winners in at least seven weight classes and possible individual winners in Jensen, Putman, Warren, Jensen, and Robinson. Coach Jerry Bowen's Bulldogs should place second behind strong efforts by the Finnerty brothers, Wilson, Cozzard and Bower. Torrington, Douglas and Evanston will round out the top five.

The AA tournament will go down to the wire between Natrona County H.S. and Green River H.S. N.C. coached by John Miller has two returning state champs in Mike Reamer (138) and Ab Brown (167). The Mustangs also return Craig Mascarenas 3rd, Hermilo Gonzales 2nd, Beau Byrd 3rd, and Evan Dickson 3rd. Other Mustangs expected to place are Charlie Lorass at 145, Brett Munsey at 112, and Don Sides (119).

The Green River Wolves coached by Larry Heslep return Gary Dallman 119, Steve Ortega 105, Mike Hamel 145, and Mike Beck 155. Mike Beck and Mike Hamel are the Wolves best shot at state titles. Helping the Wolves effort will be placers Heslep, Dallman, and Ortega. The Wolves have three tough tournament victories under their belts and are an extremely talented tournament team even without the services of an 185 and Hwy.

Rounding out the top five teams will be Rock Springs, Cheyenne Central, Cheyenne East, and Kelly Walsh but not necessarily in that order.

N.C.H.S. has been awfully close the last couple of years and I feel that they will be Wyoming's 80-81 AA state champs.

WELCOME BACK

A hearty welcome back goes out to Bill Bernatow of Laramie High School. Bill has returned to the coaching ranks after a short lay-off and the Plainsmen will be a team not to be taken lightly in the next few years.



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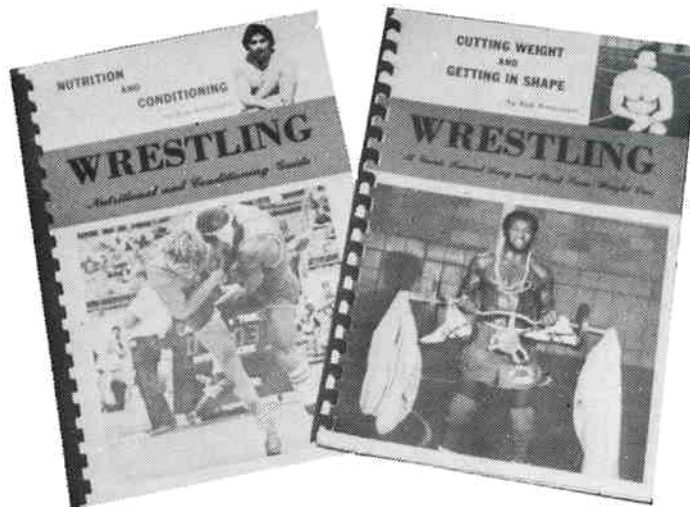
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Mat Notes

NEW FILA WRESTLING RULES

January 1, 1981

Steve Evanoff, Vice-President, FILA
Officials Commission

1. METHOD OF COMPETITION

Competitions of international wrestling consists of the following parts:

- A) Preliminary Rounds
- B) Final Round

This rule applies to all individual competitions having 4 or more wrestlers in a weight class. However, should the weight class contain 3 or 2 participants, the system of "one against the other" (Round Robin) is applied and the preliminary rounds are omitted.

2. FORMATION OF GROUPS

Should weight class contain 4 or more wrestlers, then a system of two pools will be used.

3. COMPETITION PROCEDURE

The procedures for international competition are:

- A) Olympic Games - A duration of 5 days and no more than 4 mats.
- B) World & Continental Games - 4 days is recommended, however, this can be reduced based upon the number of participants and number of mats needed.
- C) Time Limitation - For all competitions, it is recommended no session is to exceed 3 hours.
- D) Schedule - For all competitions, each weight class should be completed within 3 days.
1st and 2nd days: Preliminary rounds
3rd day: Final round (in the evening)
- E) Number of Matches - It is recommended a wrestler not wrestle more than 3 bouts in 1 day with all final matches for 1st, 2nd, 3rd, 4th, 5th, and 6th places to be wrestled on the same mat.
- F) National Competition - Each National Federation can use what ever system they wish concerning time, number of mats, schedule and number of matches.

4. WEIGH-INS

For all competitions the weigh-ins begin 2 hours before the competition starts and lasts for 30 minutes.

5. DRAWING

Upon weighing-in, the wrestler when leaving the scale will draw a number placing and pairing him in Group A or B. The odd numbers in Group A and the even numbers in Group B.

6. STARTING CLASSIFICATION

Immediately following the weigh-in, the wrestler's name is entered on a starting list in the order of his drawn number running from the lowest to the highest number.

7. PAIRING

In the first round, in each group, every other competitor will be paired with the wrestler who has the next highest number. In either group with an odd number of wrestlers, the wrestler with the highest number receives a bye and moves to the next round at the top of the list with no classification points. He retains that top position until he is replaced with another wrestler who likewise has received a bye.

8. DURATION OF THE BOUT

Senior (19 yrs. and over), Elite (Espoir - 17-20 yrs), Junior (17-18 yrs) - 2 periods of 3 minutes each, with a 1 minute rest between periods.

Cadet (15-16 yrs), Schoolboy (13-14 yrs) - 2 periods of 2 minutes each, with a 1 minute rest between periods.

9. INTERRUPTION OF THE BOUT

A) The referee may authorize injury time or bout interruption for each wrestler in each bout for a maximum of 3 minutes for any valid injury, nose bleed, taping, or uniform change.

B) Time-out may be authorized in one or several different forms and is always recorded against the competitor exercising this option.

C) Each wrestler is responsible for being pre-

pared for his bout in the correct color uniform. The time used to change his uniform will be assessed from his injury time.

D) In case a tired wrestler fakes an injury, the referee, without confirmation from the doctor, will order the competitor to continue to wrestle. His response must be immediate. Failure to do so will result in the passivity criteria taking effect should the infraction appear flagrant.

10. PRELIMINARY ROUNDS

A) The preliminary rounds take place in Group A and Group B in each weight class until progressive elimination of the wrestlers. A wrestler is eliminated after losing 2 matches.

B) This procedure continues until the final 3 wrestlers, with the most points, remains in each group. Each wrestler will have to wrestle each other (same as before).

C) Classification in each group is determined when at the end of the 1st preliminary round only two wrestlers remain. The winner of the bout against the other will be placed first. Should two wrestlers be eliminated with the same number of points, 3rd place will be awarded to the wrestler who defeated the other. If they have not met, they must then wrestle for 3rd place. The wrestler in group A or B, in the preliminary round, who received the most points before being eliminated is awarded 3rd place and takes preference over previous criteria. The wrestler, who after being eliminated is awarded 3rd place, does not have an opportunity to wrestle the number 1 or 2 wrestler as before.

11. CLASSIFICATION CRITERIA

A) Should the bouts to determine 1st and 3rd places end without any activity points, the order will be determined by adding all the activity points scored during the preliminary rounds.

B) If, after the preliminary round, 3 wrestlers remain undefeated, they must then wrestle each other. Their places are determined by the results of the matches among them. The wrestler having scored the most points will be awarded 1st place.

C) In the event some wrestlers have an equal number of classification points, their order is determined by application of the following:

1. Most victories.
 2. Least victories by fall.
 3. Most victories by superiority (12 points).
 4. Most victories with 4:0 points, not including falls.
 5. Most victories by superiority (8-11 points).
 6. Least number of defeats.
- If at this point, two wrestlers are still equal, the winner will be determined by:
7. The greater number of activity points, scored in the last two matches.
 8. The fastest fall time recorded during the entire tournament.

12. FINAL WINNERS

The bouts to determine the final 1st, 2nd, 3rd, 4th, 5th, and 6th place winners must end in a victory for one wrestler over the other.

A) The wrestlers placed 1st, 2nd, and 3rd in each of group A and B take part in the finals.

B) The wrestlers placed 3rd in each A and B group wrestle for 5th and 6th place.

C) The wrestlers placed 2nd in each A and B group wrestle for 3rd and 4th place.

D) The wrestlers placed 1st in each A and B group wrestle for 1st and 2nd place.

The result of each bout determines the final placing.

13. ELIMINATION

A) A wrestler is eliminated after 2 defeats. However, it becomes necessary to determine the first 3 wrestlers in a group with only 2 wrestlers remaining, the wrestler having the most classification points of all eliminated wrestlers in the last preliminary round will be returned and placed 3rd in the group.

B) Should 2 wrestlers have been eliminated with the same number of classification points, the result of the match between them will decide 3rd place. If they have not yet met, they

(Continued Page 15)

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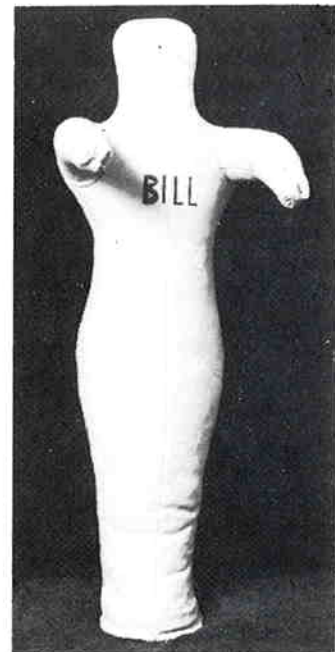
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will wrestle and the winner awarded 3rd place.

14. TECHNICAL SUPERIORITY

A) In addition, one other 4:0 point situation exists. This occurs when there is a difference of 12 activity points between the wrestlers, including points scored for fleeing the mat and illegal holds, resulting in the bout being terminated before the regular 6 minutes expires.

B) The bout, however, will not be stopped to declare the winner by technical superiority until completion of the action to include the attack and counter attack.

C) The Judge or Mat Chairman signals the referee when the 12 points difference has been established. After confirmation of the officials, the referee will declare the winner.

15. POSITIVE SCORING SYSTEM AND POINT CLASSIFICATION

A) To determine classification in each group, the following positive scoring system is applied:

1. 4 points for the winner and 0 for the loser, when:

- Victory by fall.
- Technical superiority (12 point difference).
- Injury (unable to continue).
- Withdrawal.
- Forfeit.
- Disqualification (unnecessary roughness or unsportsman like conduct).
- Expiration of injury time (3 minutes).

2. 3.5 points for the winner and 0 for the loser, when: The bout ends with a difference of 8-11 activity points, without the loser scoring any activity points.

3. 3.5 points for the winner and 0.5 points for the loser, when: The bout ends with a difference of 8-11 activity points between the wrestlers.

4. 3 points for the winner and 0 for the loser, when: The bout ends without any activity points scored by the loser. The bout ends with an activity point difference of 1-7 points.

5. 3 points for the winner and 1 for the loser, when: The bout ends with an activity point difference of 1-7 points.

6. 2 points for the winner and 0 for the loser, when: The bout ends by a disqualification for passivity and the winner has not scored any activity points.

B) Except in the case of a disqualification, no wrestler who has not scored activity points in a match can receive classification points.

C) A wrestler having scored no activity points during a bout cannot be declared the winner, except in the case of a disqualification.

D) Wrestlers are placed in their group according to the number of classification points earned.

E) Should 2 wrestlers be eliminated in the same round with the same number of classification points, they are placed equally in their group. However, if they have wrestled each other, the winner will be placed highest. (Except when determining 3rd place).

F) A wrestler given a bye will receive no classification points and will proceed to the next round with the word bye recorded on the pairing sheet.

16. POINT VALUE OF ACTION AND HOLDS (ACTIVITY POINTS)

1 Point: Same as the existing rule (except for elimination of caution points for passivity and in the event of fleeing the mat or uncontrolled fleeing from a hold where the caution point now becomes an activity point).

2 Points: Same as the existing rule (except it includes all positions of danger and all grand amplitude throws not ending in immediate positions of danger. However, in the case of an illegal hold preventing action or of a controlled fleeing from the mat, 2 points will be awarded to the opponent of the wrestler at fault).

4 Points: All grand amplitude throws resulting in an immediate position of danger.

17. EVALUATION OF ACTIVITY POINTS WHEN FLEEING FROM VALID AND ILLEGAL HOLDS

1. Point: Illegal Holds without consequence.

2. Points: Deliberate illegal hold with consequence.

1 Point: Fleeing from a hold without control from the attacking wrestler.

2 Points: Fleeing from a hold with control from the attacking wrestler.

Note: Under this new system all points scored are activity points.

18. DETERMINING THE WINNER OF A TIE MATCH

Should both wrestlers end their match with

an equal number of activity points the winner is determined by:

- A) Who scored the most 4 point situations.
- B) Who scored the most 2 point situations.
- C) Who scored the first action point.

19. PROCEDURES AGAINST PASSIVITY
In an attempt to control passivity, the official will enforce the following:

A) Anytime, during a bout, the Judge or referee may signal that a wrestler is passive without interrupting the bout.

B) These interruptions will be noted on the bout sheet by the Judge and Mat Chairman marking a circle (O) in the appropriate box.

C) Basic vocabulary words must be used with clearly understood signalling, by the referee whenever a wrestler is passive.

D) He must indicate without reservation or doubt the wrestler at fault and clearly pronounce and define the infraction, such as:

- Red: Action
- Blue: Contact
- Red: Open

20. "PAR TERRE" WRESTLING

A) In the par terre position the referee must encourage and stimulate activity and action from both wrestlers.

B) When requesting action from the bottom wrestler, the referee must designate the wrestler at fault by raising his arm with the corresponding uniform color and clearly shout for everyone to hear, red passive or blue passive.

C) Before stopping the bout and placing the passive wrestler in the down position, the referee must first receive confirmation from the Judge or Mat Chairman. The Mat Chairman will indicate the exact moment of this confirmation and place the passive wrestler in the down position.

D) When wrestling in the "par terre" position, the top or attacking wrestler refuses or fails to respond to the request of the referee for action, he will be considered passive and subject to the passivity criteria.

E) Conversely, should the bottom wrestler indicate the absence of activity, this situation is also considered as passive and subject to the ruling criteria.

F) As long as there is total activity, wrestling will continue in the "par terre" position. However, should a passive wrestler with 2 previous warnings fail to continue his aggressiveness, the referee will stop the bout, seek confirmation and when supported give the final warning while instructing the action to resume in a standing position.

G) With regard to both wrestlers, "par terre" wrestling will continue subject to the honest effort of both competitors in their attacks and counter attacks.

21. WRESTLING ORDERED IN THE PAR TERRE POSITION

When wrestling is ordered in the "par terre" position, the action will resume on the referee's whistle only when the wrestlers are in the regular "par terre" position as defined:

A) Position - The bottom wrestler in the "par terre" position must place his knees on the mat with his hands and elbows spread comfortably in an unexaggerated normal manner approximately 10-20 inches from his knees. His arms must remain straight and his feet uncrossed.

B) Contact -

1. The top wrestler may take any position he considers suitable for his attack upon placing his hands in a parallel open manner on his opponent's back.

2. Once the proper position has been established the referee's whistle will signal continuation of the action. Whereupon the top wrestler will attack and the bottom wrestler is free to attempt his counter attack or escape to a neutral standing position.

3. Once dominant control has been established, in the "par terre" position, it becomes the responsibility of both wrestlers to remain active. Failure to do so will result in the referee blowing his whistle with instructions to resume the action in the standing position.

4. The top wrestler in the "par terre" position is not allowed to POUNCE on his opponent at the sound of the whistle. To do so will result in the referee warning the top wrestler and direct the action to resume in the standing position.

5. The responsibility of the bottom wrestler is to improve his position by being aggressive and active. He may not interrupt the bout if in his judgement wrestling should continue in the standing position.

6. If during the action, the bottom wrestler forces the activity off the mat through

his effort, wrestling resumes in the standing position.

7. Failure on the part of the top wrestler to remain active or to simulate false activity, he likewise will be considered passive and subject by the approval of the Mat Chairman, the referee will call for reversal of the "par terre" position of the wrestlers.

22. DISQUALIFICATION

A) Should a wrestler commit an obvious act of unsportsman like conduct against the spirit of FILA, in any form, show evidence of cheating or manipulating a programmed outcome, deliberately apply an illegal hold resulting in serious injury, such a wrestler will immediately be disqualified from the match or from the entire competition subject to the MAJORITY CONSENSUS of the officiating team, designated FILA tournament chief or his officiating commission substitute.

B) Disqualification for passivity should be applied to only one wrestler since it is unlikely both wrestlers could possibly be equally passive.

C) Should a wrestler commit a serious act of unnecessary roughness contrary to a sportsman's code of ethics, he will be disqualified from the entire competition and will not be placed.

(a wrestler should not be disqualified for passivity having scored several activity points).

23. AWARDS CEREMONY

A) The first 6 wrestlers in each weight class are principals in the award ceremony receiving appropriate participant diplomas. (They must remain dressed in the uniform representing their country).

B) The first 3 wrestlers in each weight class are awarded medals corresponding to their placing:

- 1st: Gold
- 2nd: Silver
- 3rd: Bronze

Murray, Gable, Mills Cop WD/AAU Awards

MIAMI BEACH, FLORIDA

Don Murray, a successful collegiate coach and one of the organizers of the National Wrestling Camp, was named Man of the Year by the Wrestling Division of the AAU at its recent annual meeting. Sharing accolades with Murray were Dan Gable and Gene Mills, Coach and Athlete of the Year, respectively.

Longtime chairman of the AAU's Junior World program for 19 and 20 year olds, Murray was recognized for his unselfish devotion to all phases of amateur wrestling. The head coach at SUNY Conference champion Brockport State College, Murray served as the WD/AAU Representative at the National Senior Freestyle and Greco-Roman Championships, the Olympic Trials and the Joliet International.

Murray was instrumental in the formation five years ago of the National Wrestling Camp. Brockport College has hosted sections of the camp since its inception in 1976. Coach of the NCAA Division III team champion in 1980, Murray hosted the U.S. Olympic Team final eliminations last June.

Gable, AAU/USA Freestyle Coach in 1977, 1978 and 1979, was to have coached the 1980 Olympic Freestyle Team. With the boycott, of course, he did

(Continued Page 16)



MORE Mat Notes

not have the opportunity to realize that dream. The University of Iowa mentor did, however guide the AAU/USA Team to its first victory over the Soviet Union, a 7-3 triumph that gave the U.S. its initial World Cup title.

A member of the 1980 Olympic Team and a World Cup Champion, Mills, the dynamic lightweight from the New York Athletic Club and Syracuse University, made wrestling history in winning the Tbilisi (USSR) Tournament. Only the fifth American to win the Russian tournament, Mills became the first wrestler from any country to win the Tbilisi gold medal without having a black mark scored against him.

In other notable announcements, Ed Garber (Kew Gardens, NY) was named the International Man of the Year; Jim Meyerhoff (Puyallup, WA) was tabbed as the Organizer of the Year; and John Willey (Toledo, OH) was named the Contributor of the Year.

A lawyer, accountant and former judge, Garber has made his mark in wrestling both as an official and as a member of FILA's Legal Commission. In 1980 Garber was elected President of the Legal Commission. Olympic official in 1968, 1972 and 1976, Garber has officiated at 10 Interservice Championships and numerous World and Continental Championships.

Meyerhoff, a member of WD/AAU's Junior Olympic Committee, organized the Japanese Charter Camp in Tacoma, Washington, hosted the Northwest AAU Junior Olympic Zone Championships and was responsible for the running of the largest AAU Grand Nationals in the event's history (1,182 entries). Willey, Associate Publisher of the Toledo Blade, has been active in promoting community involvement for the annual FILA World Cup of Freestyle Wrestling.

The highly coveted Sustained Superior Service Award went to Capt. Steve Archer (Port Charlotte, FL). Capt. Archer has been active in the AAU wrestling program for many decades, and is now chairman of the Florida Wrestling Division of the AAU. One of the first promoters of Greco-Roman wrestling in the United States, Capt. Archer also held a variety of positions within the AAU Wrestling Committee and the Amateur Athletic Union itself.

Completing the honors were Rick Tucci (Hollywood, FL), Official of the Year; Walt Egged (Hardin, MT), Association Man of the Year; and Nicki Edington (Ronan, MT), Woman of the Year.

Tucci, selected as one of the four USA

Olympic officials, is a FILA exceptionale, the highestest category one can achieve. A veteran national and international referee-judge, he was head official at several major national events in 1980, including the final Olympic wrestleoffs.

Egged has held virtually every position within the wrestling committee in Montana. An official, pairing master, coach, cultural exchange team leader and a tournament organizer, Egged was the first recipient of the award that will recognize the local efforts of WD/AAU volunteers.

The Woman of the Year plaque was named after the first recipient, who died of cancer at age 37. Mrs. Edington was

involved in amateur wrestling on the international, national and state levels.

Mat News Top 20 College Teams

1. Iowa State (6-0), 2. Iowa U. (9-1), 3. Oklahoma (7-1), 4. Bakersfield (14-0-1), 5. Oklahoma St. (7-1), 6. Cal Poly (4-2), 7. Syracuse (9-1), 8. Wisconsin (3-1), 9. LSU (3-3), 10. Arizona St. (5-2), 11. Oregon, 12. Lehigh, 13. San Jose State, 14. Kentucky, 15. Michigan State, 16. North Carolina St., 17. Navy, 18. Auburn, 19. Missouri, 20. Ohio State.

(Continued Page 17)

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**Garber, Olympic Wrestling Official,
Succumbs**

NEW YORK

Ed Garber, a veteran international wrestling referee and a longtime officer in the AAU wrestling organization, died of a heart attack December 24. The 61-year-old attorney and CPA had officiated in four Olympic Games.

A retired U.S. Army Colonel and a retired Judge Advocates General of City Court, Garber succumbed during a holiday visit to Miami, Florida. Garber most recently was elected to the chairmanship of the Wrestling Division of the AAU's Law and Legislation Committee, extending a long reign on the group's executive committee. He formerly held the post of secretary and parliamentarian for the WD/AAU.

Former chairman of wrestling for the Metropolitan AAU Association; Garber remained active with the New York Athletic Club, officiating at the NYAC's December 20, 1980 Christmas Tournament. At the Wrestling Division's 1980 annual meeting Garber was selected as the organization's "International Man of the Year." The award will now be named in his honor.

An official at numerous national, Pan American and World Championship events, Garber also served as the English editor for the International Amateur Wrestling Federation (FILA) and was assistant editor of the AAU Wrestling Handbook. Last year Garber, who leaves his wife Estelle and two sons, was elected to the presidency of the FILA Legal Commission. A former member of the U.S. Olympic Wrestling Committee, he was a WD/AAU representative to the U.S. Olympic Committee's House of Delegates.

The "Ed Garber Memorial Fund," has been established. Contributions can be forwarded to Steve Evanoff, 511 N.W. 78th Way, Plantation, FL 33324.

Gifford Remains Unbeaten 45-0

COLLEGEVILLE, PENNSYLVANIA

Few victories were recorded by Ursinus College Wrestlers last June 20th, as the team lost to Elizabethtown 21-24 and Scranton 11-30.

Greg Gifford (Telford/Pennridge) wrestled 118 for the Grizzlies and won both matches by decision, 9-4 and 14-0. These victories were a supplement to his unbeaten collegiate dual meet record which now stands at 45-0.

**URI's President Newman Accepts
Recommendation To Drop
Wrestling "With Reluctance";
Decision Effective Next Fall**

KINGSTON, RHODE ISLAND

University of Rhode Island president Frank Newman accepted the recommendation of director of athletics Maurice Zarchen to drop five varsity teams from the intercollegiate athletic program, effective next fall.

"After receiving the recommendations of the athletic director with respect to the elimination of a number of varsity sports, I am reluctantly accepting the report," Newman said.

"I say reluctantly, because of the University's desire to expand student participation in programs of all sorts, not only athletics, but also academic and extra-curricular, and to offer as much variety in these areas as possible," Newman concluded.

Teams to be dropped from varsity status include fencing and sailing for women; and rifle, sailing and wrestling for men. Potential cost savings for the 1981-82 academic year could reach \$100,000 with some of the savings not immediately realized due to contractual grant-in-aid commitments to the student-athletes involved.

The recommendations to drop the five varsity teams, which were unanimously approved by the University's athletic advisory board, came in response to Newman's request for Zarchen to reduce

the Department's spending in order to stay within the 1981-82 budget.

Wrestling U.S.A. suggests that you write President Frank Newman and voice your opinion: address University of Rhode Island, Kingston, RI 02881.

**USA Captures Canada Cup
Championship**

THUNDER BAY, ONTARIO


The Hawkeye Wrestling Club supplied five individual champions here Nov. 14-15 and led the AAU/USA entry to the team title in the four-nation Canada Cup freestyle wrestling competition at Lakehead University. The U.S. totaled 45 points, three better than runner-up Japan. Canada was third with 40 and Hungary was fourth with 22.

Tim Cysewski, 136.5; Chuck Yagla, 163; Bruce Kinseth, 180.5; Mark Johnson, 198; and Kirk Myers 220; all members of the Iowa City, Iowa based Hawkeye WC, won individual titles. The Japanese had four titlists in the ten weight divisions, including two-time World Champion Hidekai Tomiyama, 125.5 pounds.

Rich Salamone (New York Athletic Club), 105.5; and Dan Questas (Sunkist Kids), 125.5, were silver medalists for the U.S. contingent. Joe Gonzales (Sunkist Kids), 114.5; and Dan Glenn (Hawkeye WC), 125.5, added third place points.



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Strength training and conditioning in the off season in 45 minutes a day.

Under the new international rules there will be a shift in the importance of physical components in wrestling

STRENGTH CONDITIONING AND TRAINING IN THE "OFF SEASON"

By Terry Barth

Wrestling Coach, UW-Oshkosh, Oshkosh, WI

In these times of high priced training equipment, we at UW-Oshkosh feel that we have developed an off season work-out which can be accomplished with minimal costs.

Many of our wrestlers don't have time during the day to work-out in the "off season", so we set the program up to be available to the boys when they have free time. We tried to design the work-out to benefit our wrestlers by strengthening the parts of the body most used in wrestling - - mainly the upper torso.



Terry Barth

The program was first used by one of our former wrestlers, Stan Kellenberger, who developed the

work-out when he was a junior. In high school, Stan was an "average" wrestler, and during his sophomore year in college he had a 16-10 record. At the end of the season, Stan made up his mind to develop not only strength, but endurance. When he finished his junior year (24-8) he was starting to realize his strength and potential through his work-outs. When Stan was a senior, he ended the year with a fourth place finish at 134 pounds in the NAIA Tournament and a 33-4 overall record - - with 26 pins. We feel his tremendous improvement was due primarily to his increased strength and endurance from the work-outs in the off season.

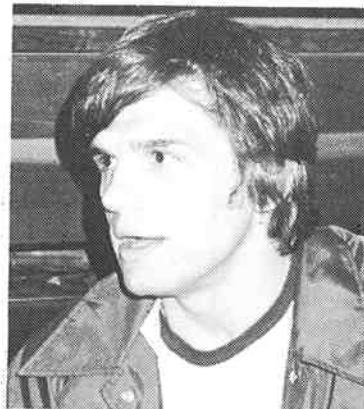
The work-out takes anywhere from 45 minutes to 60 minutes a day. The first thing Stan did was to put a chin-up bar

(Continued Page 19)

ADAPTATION OF THE PHYSICAL PREPARATION OF THE WRESTLERS TO THE NEW RULES OF WRESTLING

By Stan Dziedzic - National Wrestling Coach

Technique, tactics, psychological make-up and physical components are factors that contribute to successful wrestling. The recent rule changes, especially reducing the length of the bout to six minutes, will affect several of the



Stan Dziedzic

factors important in successful wrestling.

The purpose here is to define the physical components used in the sport of wrestling. Each component will be analyzed to determine its underlying physiological nature, and how it may be best improved.

The physical components important for optimal performance in the sport of wrestling are aerobic power.

AEROBIC POWER

The physical component of aerobic power has been alternatively called wind, being "in shape" or stamina and depends on two subcomponents: the efficiency of the O₂ (oxygen) transport system and the efficiency of the specific muscle. The mechanisms of the O₂ transport system become more efficient as a result of training. The wrestler trains the O₂ transport system with exercise that involves long durations of activity, makes use of the large muscles, raises the respiration and heart rate, and cause perspiration. Several exercises which are optimal in developing the O₂ transport include running, bicycle riding, and cross-country skiing.

(Continued Page 19)



MORE Conditioning & Training



Figure 1.

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The next step in the work-out program is to set up the exercises in sets. We let each individual wrestler set up his own number of repetitions to start. Each one has to decide how many sit-ups, pull-ups, push-ups, bar dips and lateral raised he can do. After an athlete gets started he can increase the number and decrease the rest between sets. We have our wrestlers work-out either three or five times a week. Through this type of work-out our wrestling wrestling team would accomplish three main goals.

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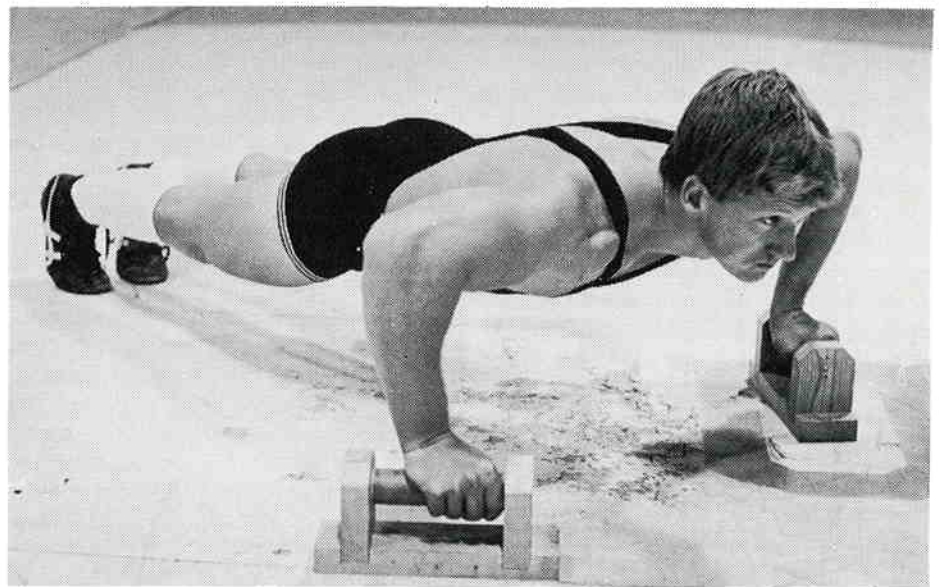


Figure 2

MORE Adaptation to New Rules

Aerobic power also depends on the changes that may occur in a given muscle or muscle group needed for a specific activity. Recent research shows that certain aspects of muscle such as mitochondria appear to respond to training by increasing in number and activity, presumably permitting the muscle to perform greater quantities of work. (Note: The mitochondria are cellules in the muscle fiber which carry on the metabolism of the muscle.)

Since these charges occur only in the muscle being trained, it is important to train the muscles in a manner as nearly identical to the sport as possible. This principle of muscle development is called specificity of training. It's importance cannot be overemphasized. For example, there is probably a difference in the development of enzymes and mitochondria in leg muscle fibers when running on a flat surface as opposed to running up a hill! The coach must be careful that the athlete's training of the muscle simulates as closely as possible the activity for which he is training.

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The coach may be able to improve the athlete's anaerobic power by utilizing certain weight training techniques. Also effective may be methods such as "wind sprints" or more modern techniques, such as interval or circuit training.

WORK CAPACITY

(Practical Application of Aerobic and Anaerobic Power)

The coach should be aware that the ability to do work (work capacity) results from the use of aerobic, anaerobic or in the case of wrestling some combination of both mechanisms. Reducing the length of the bout from nine minutes to six minutes will require a greater combination of the anaerobic mechanisms. To determine the relative importance of aerobic or anaerobic power for wrestling the coach must be able to systematically analyze the particular style or tactical approach of each individual wrestler. It must be emphasized, however, that rarely can either aerobic or anaerobic power be completely neglected, even with a six minute bout.

STRENGTH AND MUSCULAR ENDURANCE

Strength is defined as the ability of the muscle or muscle group to apply maximal force with a single contraction and can be divided into dynamic and static strength. Dynamic strength refers to the ability to apply maximal force through a range of motion. In contrast, static or isometric

(Continued Page 20)



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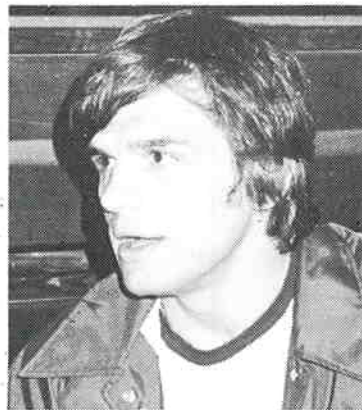
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MORE Conditioning & Training



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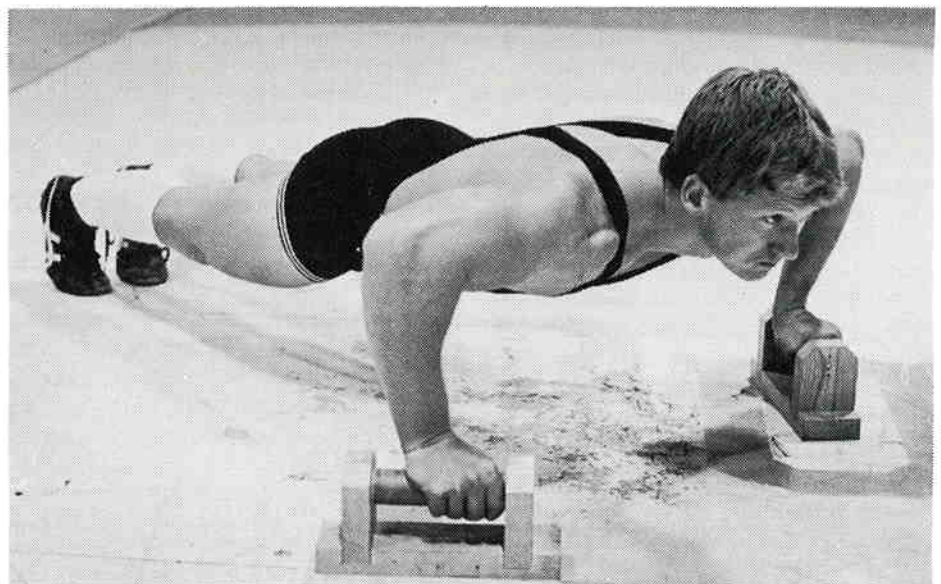


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(Continued Page 20)



MORE Adaptation to New Rules

strength is applied with no movement.

The physiological basis of strength appears to be related to several factors. Improved strength results in an increase in the length and diameter of the muscle fibers rather than an increase in the number of muscle fibers (which appears to be genetically predetermined). Also, strength improvement is related to an ability to suppress some of the inhibiting influences which are constantly supplying the muscle and improved motor unit recruitment patterns.

Developing strength is specific to the task. Like every other organ in the body, muscles attempt to adapt to stress and can change physiologically in many ways: size, chemical composition, increased functional capillaries, increased mitochondria, and so on.

Coaches and athletes don't have to know about all these changes in order to understand exercise and training. But they should understand several basic concepts of muscle physiology in order to design an exercise program that will yield optimal results.

Muscle fibers in humans have been classified as slow-twitch oxidative (SO), fast-twitch glycolytic (FC), and fast-twitch oxidative-glycolytic (FOG).

Research shows that while endurance training induces a shift in the muscle toward increased oxidative potential in all fiber types, strength training produces little if any change in overall oxidative capacity in any fiber type. Studies on the effect of training on human skeletal muscle suggest that the basic fiber types of skeletal muscle are probably hereditary and not altered by physical training. However, FG fiber may be converted to FOG by endurance training, as evidenced by histochemical (the chemical makeup of cells and tissues) and physiological characteristics. Thus, although the capacity of fast muscle for oxidative metabolism increases, it is not converted to slow muscle. Training thus alters metabolic characteristics but not fiber distribution of human skeletal muscle.

Significant difference have been found among the fiber compositions of sprint, middle-distance, and long-distance runners: skeletal muscles of endurance-trained athletes possess higher percentage of slow-twitch fibers (red fibers). This research has shown that world-class distance athletes have eighty percent slow-muscle fibers in muscles used in their activity, while sprint athletes have only twenty percent slow-muscle fibers. World-class athletes thus appear to have percen-

tages of muscle fiber types favorable to their events. These elite athletes represent the extremes in relative percentages of fiber types.

Most wrestlers will vary in percentages of slow or fast muscle fibers, and this may influence their success under the new rules. Fast-twitch muscle fibers (white fibers) will play a more important role than the slow-twitch fibers (red fibers).

How the fibers cooperate to perform movements that begin slow and finish fast is not known precisely. It is postulated that the slow-twitch fibers assist the fast-twitch fibers in overcoming the inertia of the body at the beginning of the movement, then phase out after the movement becomes too fast for them to contribute any force to the muscle's contraction.

As mentioned before, every person varies in the proportion of fast and slow twitch muscle fibers. Although this proportion is hereditarily determined and probably cannot be changed, each type of fiber can be trained to maximize their role in wrestling under the new rules.

RESULTS OF SLOW-TWITCH (RED) FIBER TRAINING

The purpose here is not to show the coach how to train the slow-twitch fibers (red) but to show how the results of such training is detrimental to a wrestler.

1. The size of the slow-twitch fibers can be increased with heavy resistance exercises at slow or moderate speed, especially if negative exercises (letting down the weight) are used.

The muscle's endurance is not improved because there has been no beneficial change in the mitochondrial mass of the muscle. An increase in the number of these cellulules improves endurance.

The use of any weight-lifting exercises that stress heavy weights at slow speed has limited merit for wrestlers or any other athletes interested in acquiring speed, as this type of exercise builds big, but slow muscles.

Because these exercises are done at slow speed, the white fibers are not involved to any great extent and, consequently, remain unchanged.

The increase in the red fibers' size without a corresponding increase in the white fibers' size causes a shift in the total mass of the muscle in favor of the red fibers. This is another reason why all athletes interested in building speed or endurance should avoid slow movement types of exercise.

2. The slow-twitch fibers can be im-

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Our Granby System staff has eliminated holds that don't work. We film World Championships, Olympics, and outstanding wrestlers in America and the World for demonstrations of basic techniques. We continually reweir the best new holds and eliminate the complicated. The moves that work we add to our system. After large group demonstrations we divide into smaller groups with individual attention to drill details.

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MARTIN

(Continued Page 21)



MORE Adaptation to New Rules

proved in endurance by performing many repetitions of an exercise against moderate resistance, such as 300 repetitions on a pulley-weight exerciser. This type of exercise may not improve the size of the muscle to any great extent, but it will improve the muscle's endurance.

This improvement results from changes within the muscle fiber - - primarily in the mitochondria permitting a more efficient enzyme action and improving the muscle's ability to utilize oxygen.

A wrestler builds endurance in the slow-twitch fibers with overdistance work or interval running. He doesn't have to build a lot of muscle endurance in his supplementary strength training program. His strength training program should be used primarily to improve strength and speed.

RESULTS OF FAST-TWITCH (WHITE) FIBER TRAINING

The purpose here is to show the results of fast-twitch fiber training. This type of training has always been important in wrestling, but with the incorporation of the new rules, training of the fast-twitch fibers will be even more important.

1. The white fibers can be increased in size and strength by exercising against high resistance at a fast speed. The increase in the size of the fast-twitch fibers is desirable since it increases the speed potential of the muscle.

This type of exercise (HRFS - high resistance of fast speed) can best be done in two ways: by performing the activity at a high speed (such as all-out wrestling, bicycling, and sprinting) or by exercising the muscles isokinetically at a fast speed.

Muscle fibers of weight lifters who've concentrated on heavy-resistance, low-repetition exercises done at slow speed show an enlargement of the red fibers and almost no change in the white fibers.

The important point to remember is that it's undesirable to enlarge or hypertrophy the red fibers for athletic events, whether for endurance or speed. Enlargement does not improve their endurance; it can actually impair it.

Neither does hypertrophy improve the athlete's ability to move at all-out speed, a white fiber function. In fact, the hypertrophy can impede speed because of the increases in muscle bulk.

FLEXIBILITY

Flexibility is defined as the range of possible movement about a joint or sequence of joints. Structure and alignment of bones, the degree of stretch of ligaments and tendons and the amount of muscle and fat tissue which may restrict movement are several factors which affect flexibility. According to DeVries there

are two types of flexibility. Static flexibility involves the range of motion at a particular joint. Dynamic flexibility is considered the "ease" of movement.

Although heredity plays an important role, most wrestlers have a capability for greatly improved flexibility. Flexibility at all joints may be modified by exercises or sports skills which require sustained stretching at a joint. Flexibility training is of two basic types: the first involves passive static stretches at a joint while the second involves active ballistic type movements.

Research has also shown that flexibility is highly specific to a region of the

body rather than existing as a general trait. It should be emphasized that warm-up has consistently been shown to improve the flexibility at a given joint. The role of flexibility in the sport of wrestling will not significantly change as a result of the rule changes.

SPEED AND POWER: IMPORTANT ABILITIES FOR WRESTLING

Speed and power will contribute more to success in wrestling under the new rules; and, therefore, more time should be spent in the training of these physical

(Continued Page 22)

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components. Speed is a special case because of its substantial interaction with the nervous system, its predominant reliance upon heredity and its relationship with other physical components. Similarly, power may be thought of as a subcomponent of several other physical components.

Wilmore has defined speed as "the rate of motion or velocity of the body or any one of its parts". Overall body speed is commonly measured from the initiation of a stimulus such as the starter's gun until the athlete crosses a finish line. This type of measurement largely ignores certain properties of speed, such as reaction time, initial velocity, acceleration and the velocity at various points in the sport of wrestling. Hereditary biomechanical factors which influence speed include size and arrangement of the bones as well as the position of the boney attachments by the ligaments and tendons.

DeVries has observed that speed is a product of positive forces, such as muscle strength, and negative forces, such as air or water resistance. In acquiring a wrestling hold speed of movement of limbs, such as the arms, is probably independent of overall body speed.

While each of the physical components may be substantially improved with systematic training, significant improvements in hereditary speed are difficult to accomplish. Some improvement may be accomplished by alterations in the efficiency in the performance of a wrestler's biomechanical skills. Also, attention to each of the physical components, with emphasis on strength, anaerobic power and flexibility, may yield some speed improvements.

Power is a product of muscular force and speed of contraction, and is clearly dependent upon several other physical components as well as the predominantly hereditary ability of speed. In the past, power has been measured by field tests such as the vertical jump or the standing broad jump. Unfortunately, power is probably quite specific to a sport, i.e., power for wrestling does not guarantee power for basketball or for the high jump. A rather dramatic improvement in power training appears to have been accomplished recently through the use of isokinetic devices.

BALANCE, COORDINATION AND AGILITY: THE COMPONENTS OF MOTOR ABILITY

Like speed, balance, coordination and agility are primarily influenced by the nervous system. The precise physiological mechanisms which were altered in the

nervous system as skill is developed is not known. We do know, however, that these abilities are task specific. Since these abilities are task specific, then the optimal way to develop these physical components is by wrestling.

Balance, coordination and agility contribute significantly to the learning of wrestling skills. Wrestling skills have always been important in successful wrestling; therefore, there will not be a significant change in the developing of these physical components under the new rules.

SUMMARY

In summary there is no one particular

way of training individual wrestlers. The strategies, tactics and physical make-up of each wrestler must be taken into account. This analysis, however, clearly indicates that the new rules will result in a shift in the importance of various physical components. The shift will cause a significant alteration in the training schedule. More emphasis should be placed on training the physical components of speed, strength, power and anaerobic capacity.



"Meet Adam" The Wrestling Takedown Machine

Although it has only been six years since Adam was conceived on a piece of paper many wrestling experts say it is, without a doubt one of the finest training devices ever developed for our sport. This is evidenced by the number already in use, and also by the fact that some of this countries greatest coaches were among the first to purchase Adam.



High schools and colleges all over the country are training on Adam. This includes highly respected wrestling powers such as: Univ. of Iowa, Iowa State Univ., Oklahoma Univ., Arizona State Univ., Univ. of Kentucky, Univ. of Missouri, Ohio Univ., Univ. of Rhode Island, Univ. of Washington, Washington State Univ., West Point Military Acad., Univ. of New York at Binghamton, Univ. of Illinois at Naperville, Winona State Univ., MIT, and many others. Over 50 in Iowa alone.

Adam actually sprawls, moves laterally bends at the waist and reacts to any set-up or takedown.
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Adam has proved to be more than just an ordinary piece of equipment. Its unique life-like qualities have added a whole new dimension to takedown training methods. The life-like reactions and 100% return accuracy allows the wrestler to greatly improve his set-ups, speed, coordination, penetration and overall attacking skills without the need of a partner or fear of injuring one.

CONSIDER THESE FACTS

- *Very few wrestlers like to take repetitious drilling abuse by other wrestlers, Adam will never tire or complain.
- *Over 100 combinations of set-ups, takedowns and drills can be performed on Adam.
- *Adam's 100% return after every maneuver allows the wrestler to perform over 25 maneuvers per minute.
- *The wrestler can effectively feel and measure his progress.
- *Learning time will decrease greatly, thereby saving valuable coaching hours.
- *Adam has proved to be invaluable for the wrestler that is injured and not able to go full strength.
- *The wrestler can drill at slow, half or full speed. This allows him to analyze each individual aspect of the attacking process.
- *Adam provides unbelievably life-like reactions to set-ups & takedown maneuvers.

When winning the championships depend so much on keeping the edge on your opposition, then having Adam on your team makes a lot of sense.

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national honor roll of champions

SIXTH ANNUAL REDSKIN INVITATIONAL WRESTLING TOURNAMENT Sanford, Maine

TEAM STANDINGS

Rumford, Maine, 126; Belfast, ME, 105½, Bishop Guertin, Nashua, NH, 105; Burrillville, Rhode Island, 102; Sanford, ME, 99½; Chelmsford, MA, 84; Bishop Hendricken, Warwick, RI, 79½; Nashua, NH, 78½; Mt. Blue, Farmington, ME, 70½.

OUTSTANDING WRESTLER

Dave Marquis of Bishop Guertin, Nashua, NH. Dave is a two time Redskin Invitational champion. The 17 year old senior, battled his way through the championship bracket with a pair of falls, one in 1:38 the other at 1:41, and a pair of shutouts, 9-0 and 5-0. Not a single point was scored on him in the tournament.

MOST FALLS, LEAST TIME

Greg Hodge, Spalding High, Barre, Vermont. Greg was the third place medalist at 169 and won three bouts in 5:50, and also had a 14-7 decision. His only loss, in the quarter finals was to 169 pound champion Ed Heroux of Belfast, Maine.

KEN HOVER MEMORIAL AWARD

Mark Hansen of Sanford, the 134 pound champion.

CHAMPIONS

100: Steve Gallagher, B. Guertin; 107: Steve Bullard, Spaulding; 114: Dave Young, Burrillville; 121: Dave Marquis, B. Guertin; 128: Mark Briere, Nashua; 134: Mark Hansen, Sanford; 140: Bob Mathews, B. Hendricken; 147: Todd Perry, Belfast; 157: Chris Drinkwater, Belfast; 169: Ed Heroux, Belfast; 187: Steve Jackson, B. Hendricken; Unl: Eldon Dolloff, Rumford.

PHILADELPHIA INTER-LEAGUE

Philadelphia, Pennsylvania

The top three finishers in both the Catholic League tournament and Public League tournament qualified for the City Championship, with the winner of each tournament drawing a first round bye.

Archbishop Wood of Warminster, PA, copped top honors with four champions including two-time winners, Tim Sheehan (167) and Keith Hannon (132). Other Wood winners were Junior Mike Fitzgerald (138) and Sophomore Chris Hooven (145).

CHAMPIONS

98: Tim Rodden (Archbishop Carroll) dec. Bernie Sweeney (Archbishop Wood) 3-0 in ot; 105: Barry Staley (Simon Gratz) dec. Tom O'Neill (North Catholic) 14-3; 112: Bob Calabrese (Cardinal O'Hara) pinned Dan Rodden (Archbishop Carroll), 5:44; 119: Mark McCabe (Archbishop Carroll) pined Mark Colston (Roxborough) 3:34; 126: Rob McLaughlin (Archbishop Carroll) dec. Dave Campbell (North Catholic) 7-2; 132: Keith Hannon (Archbishop Wood) dec. Vince DeBellis (Roxborough) 5-1; 138: Mike Fitzgerald (Archbishop Wood) dec. Tony Conway (N. Catholic) 12-4; 145: Chris Hooven (A. Wood) dec. Steve D'Orazio (LaSalle) 5-3; 155: Otillo Robledo (Northeast) won by default over Verno Foat (Simon Gratz); 167: Tim Sheehan (A. Wood) dec. Bob Brooks (Simon Gratz) 9-0; 185: Terrell Tate (Simon Gratz) dec. Tony Smalls (Olney) 8-5; Hwt: Nelson Lynn (Overbrook) pinned Paul Kehagis (North Catholic) 0:16.

CALIFORNIA JUNIOR COLLEGE 1981 NORTH - SOUTH CLASSIC

The College of the Sequoias hosted the Fourth Annual North-South Wrestling Classic on January 3, 1981. The North evened the series at 2-2 with a come-from-behind victory 19-16. Steve Markey (Chabot) and John Holbrook (Palomar) were selected as the outstanding wrestlers for their respective teams.

RESULTS

118: Al Gutierrez (COS) 16, Jorge Acosta (El Camino) 9; 126: Tom Harautuneian (Fresno) 4, John Vega (Cerritos) 4; 134: Cory Salmon (DVC) 7, Dave Barona (Moorpark) 16; 142: Steve Markey (Chabot) 14, Ken Jenkins (Palomar) 2; 150: Jody Cunning (DVC) 2, Ray Hammond (Rio Hondo) 10; 158: Sylvester

Carver (Chabot) 5, John Holbrook (Palomar) 6; 167: Scott Teuscher (Sac) 4, Kerry Hiatt (Palomar) 9; 177: Ray Mann (DVC) 11, Phil Dunford (Cerritos) 5; 190: Garen McDonald (Chabot) 6, Jeff Steward (Ventura) 3; Hwt: Josh Washington (COS) 5, Joe Kaminski (Ventura) 0.

COACHES

Dave Adams (COS), Bill Hiekey (Sacramento), Jeff Smith (Cerritos), Tom Hazell (El Camino).

18th ANNUAL MIDLANDS CHAMPIONSHIP

TEAM POINTS

Iowa 133½, Wisconsin WC 48¾, Iowa State 47¾, Hawkeye WC 44¼, LSU 39½, Oklahoma St. 36½, Kentucky 33¼, San Jose St. 33, Central Michigan 32¼, Indiana St. 23¾, Cyclone WC 22¼, Michigan St. 20¼, NYAC 18½, Maverick WC 15½, Wisconsin 14½, Cleveland St. 14¼, Sunkist Kids 13, North Carolina 12¼, Northern Illinois and Penn State 10, Northwestern 8½, Michigan 8.

FINALS

118: Glenn (Hawkeye WC) 12-7 over Hartuppee (Central Mich); 126: Mangianti (Sunkist Kids) 11-3 over M. Trizzino (Iowa); 134: Lewis (Iowa) 17-10 over Dellagatta (Kentucky); 142: L. Zalesky (Iowa) 6-4 over Smith (Cowboy WC); 150: Rein (Wisconsin WC) WBF 5:47 over Boss (Central Michigan); 158: Oliver (Maverick WC) 10-9 over Stewart (OK ST); 167: Evans (Wisconsin WC) 14-9 over Parker (LSU); 177: E. Banach (Iowa) 11-8 over David

(Continued Page 25)

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big part of it, and also it taught you how to defend yourself, which was good too.

I also liked the discipline, and the fact that the sport combines just everything that is good about athletics; quickness, endurance, discipline, a mental game - being able to think clearly while you're fatigued. I always enjoyed it.

What was your wrestling weight?

Well, I wrestled 145 in high school and 167 in college.

What schools did you wrestle at?

Burges High School in El Paso. I think they've won the state championship the last several years. Bob Osborne was my coach. After high school, it was Southwest Texas State in San Marcos.

Was the wrestling team close, as buddies, in high school?

Very close. If we weren't wrestling, we'd go to the meets together. I can remember a couple of trips to Albuquerque for tournaments there, even though I wasn't wrestling, just to watch some of the guys. That's a big part of it - the camaraderie. It's good to know that even if you're losing, you can look over and see encouragement on your friends' faces, hearing them shout. They are always there. It isn't like some sports, baseball for instance, where you can strike out and there might be a tendency to say, "Hey, the bases were loaded, you really blew it." In wrestling, the guys really seem to care about you because you go through so much to get there, to get in shape to wrestle, that you become pretty good friends.

What were your favorite maneuvers or holds?

My favorite takedown technique was called the "touch and go." You'd go at the guy and shake him pretty hard, grabbing the head, then shoot the legs. That always worked for me. I'd always get a double leg, then they'd usually pancake back and I could get a single leg, then a sit-out. Always seemed to work. If I was good at anything, it was takedowns.

My favorite ride was a cross-body, always trying to control the left arm, getting the guy into a guillotine or other pin.

What holds did you hate to get into, those used against you?

Well, usually when a guy got a cross-body ride into you, that meant he felt he was controlling the match pretty well, and he had enough confidence in his ability since that's a pretty vulnerable position to be in. So, when a guy put a cross-body ride into me, I thought, "Oh, oh, this guy's going to try something."

Frankly, most of the time, it didn't work out that way, since that was usually

the only ride they knew. But, when I saw that, I felt vulnerable. Same with a chicken wing, that was OK, but when they'd get a two-on-one and drive you to the mat, that was pretty tough.

Who was your favorite coach?

I liked Coach Osborne. He taught us the touch and go technique. He would make you get into shape, but he was a teacher, and I think that's important. He was patient, and he'd take time to help us develop a move. He didn't just say, "Here's a move, go do it." He'd help you get down and show you. If your arm wasn't exactly right, he'd show you how to make it exactly right.

What was your most memorable match?

Well, my first varsity match was the one I remember the most. It was against Coronado High School and I was really nervous. I had to have a wrestle-off to get the spot, and the wrestle-off was pretty exciting. I won it by one point. Then, I had to go out and wrestle this guy from Coronado. He looked pretty big and strong, but he turned out not to be that tough. I won 13 to 4. It gave me a lot of confidence and I realized that just because a guy looks tough, doesn't mean he's going to be tough. This guy turned out to be pretty strong, but he couldn't use it. We won the meet by a wide margin.

Would you consider that your "best" match, or were there others?

Well, I don't know if you'd be interested in this, but my fraternity and another fraternity were tied for the wrestling championship, and it came down to my wrestling another guy to make the final decision. Unfortunately, I didn't know I had to wrestle anymore, and I'd gone out and eaten a big lunch of hamburgers and everything. When I got back, my friends were saying, "Hey, you have to go out and wrestle this guy!"

So, I went out and wrestled him and won 5 to nothing, scoring all 5 points in the first period. Then I went and threw up all those hamburgers!

What was your worst, or most embarrassing moment you spent on the mats?

Oh, I'd have to say it was the last match at the quad meet held in 1976. There were several schools involved, Texas Tech, University of Texas, and some school in Louisiana. We all had to wrestle three matches that day. I was getting out of shape because I couldn't devote full time to it. It was grueling, I'll tell you that.

Anyway, I won the first match, lost the second, and by the time of the third match, well, I just wanted to go home and forget about it. During that last match, I got pinned. That was it. It was

MORE Honor Roll

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CARTHAGE TOURNAMENT
University of Wisconsin - Whitewater

TEAM SCORES

UW-Parkside, 86.5; UW-Whitewater, 60; Loras, 50.5; Carroll, 44.5; College of DuPage, 39.5; UW-Oshkosh, 19.5; Aurora, 14.5; Carthage, 3.5.



one of the most embarrassing moments I ever spent out there, and it was my very last wrestling match. That was it for me, the wrong way to end it.

Earlier, you said you didn't like the work-outs until after you were finished. What helped you get through them?

I'd be thinking I couldn't go on anymore, that I was too tired. But when you reach that point, you need someone to push you past the limits you've set for yourself. It's real easy to say, "OK, I'm tired," and give yourself that immediate gratification that you don't have to do anything anymore, that you can rest. But, if you have somebody there to push you on, that helps.

It makes you a better wrestler, gives you more stamina and all. But, again I didn't like it while I was doing it, but afterward, I felt good, exhausted and satisfied at the same time.

What affect did having your parents in the stands have on you?

They'd come to the matches and my mother became a big wrestling fan. She learned the sport and could tell what was going on. I couldn't always hear them yelling at me, but I'd look up, particularly after I'd done something good and see their response. I was really glad they were there.

Bill, being a sportscaster, what advice would you have to get bigger crowds out to the matches?

Basically, people have to be educated as to what goes on out there, and they have to learn it isn't professional wrestling. It is a legitimate and very difficult sport.

But, you see, wrestling may never have "total fan appeal" because, even as physical as it is, that isn't apparent to the fan. Particularly the casual fan who just sees people grappling on a mat. They don't know he's trying for a hand here, trying to control his opponent's leg. They don't understand that side of the sport. I appreciate wrestling because I've been there and I know what they're going through. I understand strategy. But people that haven't done it, they just can't grasp it.

(Continued Page 26)



FEATURE...

FEATURE...

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INTERVIEW WITH BILL MACATEE ABC-WFAA TV SPORTS ANNOUNCER

By Ronald K. Smebye
DALLAS, TEXAS

This is the second in a series of articles that spotlight "celebrities" who once wrestled. The first interview was with Bob Breunig, middle linebacker and defensive team captain of the Dallas Cowboys. This interview is with Bill Macatee, sports announcer for ABC affiliate WFAA-TV.

Bill Macatee's main sport in high school and college was wrestling. His love of wrestling shows you don't have to be a state champion to get both short and long term benefits from the sport. This wrestler has gone on to become a TV sportscaster covering events like the Winter Olympics at Lake Placid, the Holmes-Ali fight in Las Vegas, NFL and baseball play-off games, NBA All-Star games, bowl games, and, as he says, "just about everything."

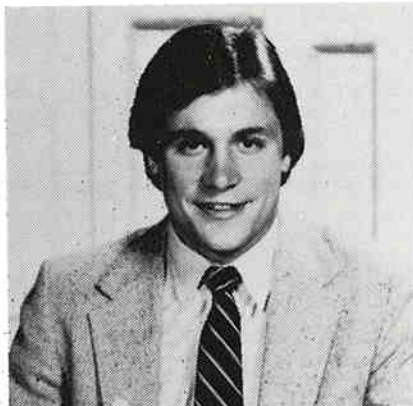
Bill's goal was to become a sports announcer in a major market (large city) by the time he was 25. Bill accomplished this a year ago, broadcasting sports daily of WFAA, an ABC affiliate in Dallas, Texas, at age 23! Viewers in Dallas can see him on the 4:30 and 5:00 news, and often he's on the 10 p.m. news too.

Originally from El Paso, Bill is single, and currently lists karate and racketball as his sports. He mentioned during the interview he had recently wrestled some high school kids who were in his karate class and "...remembered all the moves ... I killed them. Sure did make me feel good."

He was recently chosen as a speaker at the Texas UPI Broadcast Convention held in Dallas, and he received the Texas Associated Press' "Best" Sportscaster Award in 1977.

Within the past year, Bill was offered Bryant Gumbel's position with KNBC in Los Angeles when Bryant joined the NBC network in New York. When asked why he decided to stay in Dallas, he answered, "I based the decision on the fact that I was only 24 and I felt like I wasn't ready to tackle a job like that. I wanted a little more time to develop here and I feel relatively secure here. WFAA is a good station located in a good town."

Bill also mentioned that he set his goal of being on a weekday news show when



"The sport combines everything good about athletics."

he was 19 years old. He had some relatives in TV, and, as he says, "I was lucky in that I knew early what I wanted to do and what had to be done." He worked at little radio stations and, since he didn't have to support himself then, he was able to get by on the minimum wage they offered. "I knew what I wanted to do, and I followed that line. I may have weaved a little bit, but I still reached my goal."

The interview begins with a discussion of Bill's career in television and then his wrestling days in high school and in college.

How do you like your job as a sports announcer here in Dallas?

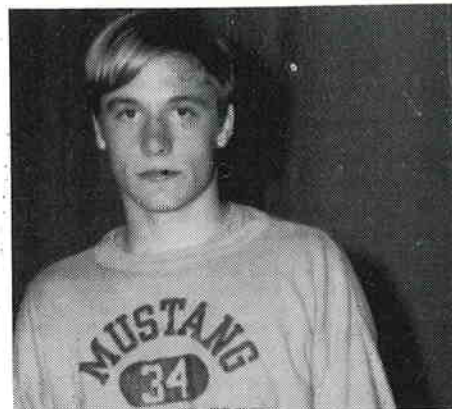
I like it very much. It's very challenging, interesting, and different every day. I like sports and being so close to it. To me, this is like combining your hobby with your job. It's great!

One thing, though, as an announcer you have to realize that it's entertainment. I'm not dealing with any life or death situations.

For the participants, though, it's different, although it should be fun for them, just like any sport should be. You just can't take it that seriously. That's the important thing. That's what sports is all about. It's for the fan!

Are there ever moments where you aren't proud of being a sports announcer?

Well, this is the kind of business that will humble you very quickly. Sometimes I'll leave the station feeling great about a story I've done, something I feel really good about. But then, sometimes, I'll leave feeling awful, like I can't show my face out of the house for a week! I don't think the people at home notice it that much, but I catch my mistakes. I'll accidentally let something slip or say the wrong thing on the air because I'm not thinking, and then get embarrassed about



"The most embarrassing moment ... was my last match."

it.

What do you consider your most important story or interview?

Well, last year when Dan Pastorini (then quarterback for the Houston Oilers) got in a fight with a reporter in Houston, and my photographer and I were the only ones to get it on tape, even though there were eleven television crews there, that was quite a story. It was a joint effort, the photographer looked at me and I shook my head "yes" and we started to roll. All of a sudden, it was "bam! bam!" and the action started. Pastorini was questioning the reporter's heritage as the reporter got shoved out the door. Anyway, there were NBC crews there, crews from Pittsburgh and other stations, but none of them got it. We were the only ones.

Ever cover or announce a wrestling event?

I did a series while in Austin on wrestling, back when I was in college. I thought it important that people know more about the sport. But in Texas, it's an uphill battle because wrestling is relatively new. Well, as a matter of fact, anything other than football is relatively new here.

Bill, why did you choose wrestling as your primary sport?

Wrestling always appealed to me, ever since I was in the 7th grade and we had to do a wrestling segment in P.E. I found out I was pretty good at it. I played basketball in my freshman year and really wasn't that good, and then I decided to wrestle in my sophomore year.

It was one of those things. I hated the workouts while I was doing them, but after I was done, I was physically drained, exhausted, and just very satisfied over the whole thing. It felt really nice. That was a

(Continued Page 25)



MORE Feature

big part of it, and also it taught you how to defend yourself, which was good too.

I also liked the discipline, and the fact that the sport combines just everything that is good about athletics; quickness, endurance, discipline, a mental game - being able to think clearly while you're fatigued. I always enjoyed it.

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Bill, being a sportscaster, what advice would you have to get bigger crowds out to the matches?

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But, you see, wrestling may never have "total fan appeal" because, even as physical as it is, that isn't apparent to the fan. Particularly the casual fan who just sees people grappling on a mat. They don't know he's trying for a hand here, trying to control his opponent's leg. They don't understand that side of the sport. I appreciate wrestling because I've been there and I know what they're going through. I understand strategy. But people that haven't done it, they just can't grasp it.

(Continued Page 26)



MORE Feature

In football or basketball, the scoring is apparent and easy to see. In wrestling, it's difficult to see why a reversal gets so many points, why a takedown gets so many points. If you're going to get fans to appreciate the sport, you're going to have to educate them.

If you had it to do over again, would you choose wrestling?

Absolutely! As a matter of fact, I'm hoping to get out of karate today some of the things I got out of wrestling then. The tough work-outs and all. The work-outs in karate are tough, but not as tough as in wrestling. I'd definitely do it all over again. Wrestling gets you in tremendous shape, teaches you to think when you're tired, and to some extent, it teaches self-defense. I still feel that I can defend myself if someone tried to take my wallet.

What advice would you give to young wrestlers?

Ron, most high school and college athletes don't realize it at the time, but for most of them, *this is it*. They need to realize that when they're 25, 30, or 40, they're going to look back on those years and say, "Gee, I wish I'd given it a little more effort," or "Gee, I wish I had worked a little harder to get more out of it."

I'd tell them to get as much out of it as they can, to realize that really, this is it. Basically, if they do it all throughout high school and college, they'd have eight years of really hard sports, and I love sports.

I really enjoyed it, and I miss it. That's one of the big things I really miss. I wish I could be back in college and high school forever - just to be able to do that kind of thing. So, I'd tell them to enjoy it and get the most out of it.

The only concern I have with wrestling is the weight loss thing. I think people should be careful about the weight factor. They shouldn't try to drop too far. If you weigh 135 pounds, you shouldn't try to wrestle at 102. I don't think this is the "proper" way to develop our youth.

Bill, thanks for the interview. One last question, though. What advice would you have for youngsters who aren't wrestlers?

To be honest, I'd encourage everyone to *examine wrestling* and not to slough it off simply in favor of football or baseball. They should consider it on an equal level and see if that's what they want. They could really be good at it if they have the talent.



JOBS IN WRESTLING

All schools wishing to advertise should organize their ad according to the following format: 1. Position available, 2. Name of school, 3. Location of school, 4. Enrollment of school, 5. Person to contact, 6. Address and phone. The ads may be used to search for coaches for any level (jr. high, high school, graduate assistant, etc.) that the school is seeking.

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OK 73601. Phone: 405-323-1230
7th Place 1979 State Championships

Head Wrestling Coach
Clinton Junior High School
Clinton, Oklahoma
Enrollment: 400 - Grades 7-9
Contact Bill Eskew, Principal,
Clinton Junior High School, Box 729,
Clinton, Oklahoma 73601
Phone: 405-323-4228



WORLD JUNIOR WRESTLING CHAMPIONSHIPS



INTERNATIONAL COACHING CLINIC

To be held in conjunction with the World Junior Wrestling Championships.

PLACE: War Memorial Gymnasium
University of British Columbia
Vancouver, B.C., Canada

TIME: July 11th to July 18th, 1981
14:00 hrs. to 16:00 hrs. each day

STYLES: Greco Roman (July 11th to July 14th)
Freestyle (July 15th to July 18th)

HEAD CLINICIANS: Freestyle - Jiichiro Date, Japan, Olympic Champion 1976
Stan Dziedzic, U.S.A., World Champion 1977
Greco Roman - Daniel Robin, France, World Champion 1967
Csaba Hegedus, Hungary, Olympic Champion 1968

Plus guest appearances by coaches of visiting delegations.

COST: 50 dollars U.S. - This cost will also enable participants to attend all sixteen (16) "Championship" wrestling sessions free of charge.

ACCOMODATION: Can be arranged by the Organizing Committee upon arrival, if desired.

This clinic has been designed to provide the ambitious wrestling coach the opportunity to combine learning experiences from both the clinic setting where the expert teaching skills of numerous World and Olympic Champions will be available and the actual tournament competition featuring the World's finest junior wrestlers . . . tomorrow's stars.

TICKET INFORMATION FOR WORLD JUNIOR WRESTLING CHAMPIONSHIPS

PLACE: War Memorial Gymnasium
University of British Columbia
Vancouver, B.C., Canada

TIME: July 11th - 14th GRECO
July 15th - 18th FREESTYLE

COST: Adult \$2.00/session for 16 sessions
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Advance tickets will only be sold on an all session pass basis. The all session passes are offered at a reduced rate (40% off) but will only be available until May 31st. From June 1st onward tickets will only be available at the gate at the regular rate.

1981 WORLD JUNIOR WRESTLING CHAMPIONSHIPS

TICKET REQUEST FORM

(Please print clearly)

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ADULT _____ x \$20/pass = \$ _____

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For further information on the clinic or for information on advance ticket sales for the World Junior Wrestling Championships, please contact:

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1200 Hornby Street
Vancouver, B.C.
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Phone: (604) 687-3333



PROFILE

of a Champion

RANDY LEWIS

Officials from Iowa University have announced that Randy Lewis' dislocated elbow injury is more serious than originally thought. Lewis, a senior, may be lost for the season. If so, the injury would end Lewis's illustrious college wrestling career.

After losing in the NCAA finals his freshman year, Lewis captured 2 NCAA championships and ran off a string of 93 unbeaten matches against college competition his sophomore, junior, and senior years. His unbeaten string came to an end last Friday night (Jan. 9) when he was injured during the match and had to default to Iowa State's Jim Gibbons. Lewis's college career record now stands at 123-8-1. The Iowa record for career wins is held by Olympian, Chuck Yagla, with a 128-27-2 record; and Lewis seemed a sure bet to eclipse that record this year. Lewis holds the Iowa pin record at 62, as well as the national high school consecutive pin record at 45.

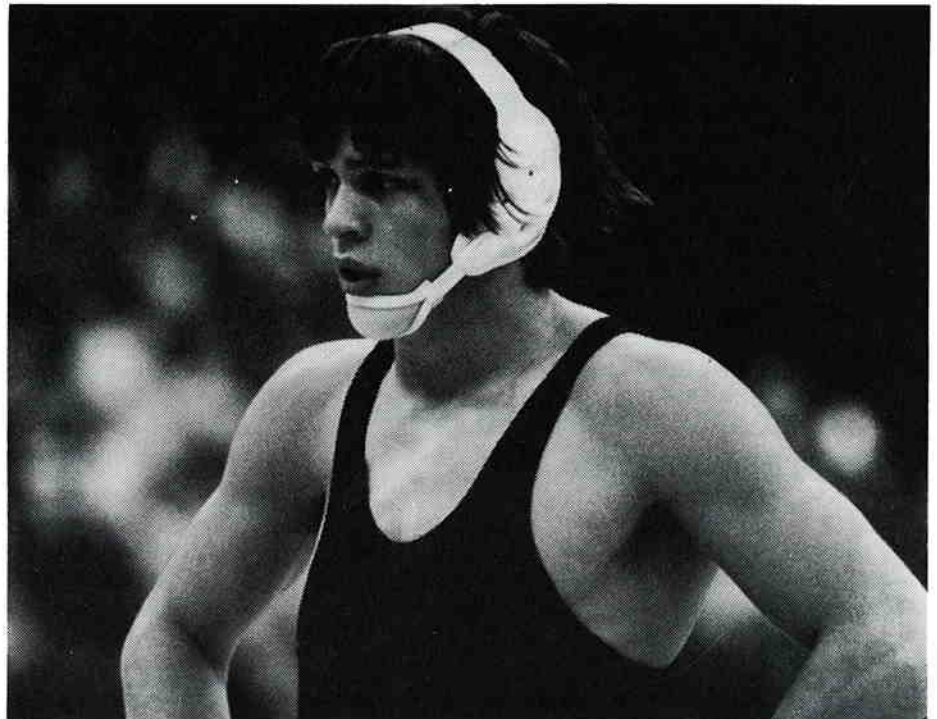
A BREAKDOWN OF RANDY'S COLLEGE YEARLY RECORD

Overall college record: 123-8-1 (62 pins). Senior year (1980-81): 16-1-1, tied by Darrell Burley 6-6, lost to Jim Gibbons by injury default. Junior Year (1979-80): 41-1 NCAA champion-134 lbs. Only loss was to non-collegian, Tim Cycewski. Sophomore year (1978-79): 36-0, NCAA Champion-126 lbs. Freshman year (1977-78): 30-6 NCAA Runner-up-126 lbs. 4 losses to Mike Land-Iowa State, 1 loss to Jay Swanson-S. Dakota State, 1 loss to non-collegian, Keith Monlum.

In final 3 years only loss to collegian in college competition was his last match (injury-default) to Jim Gibbons of Iowa State. Unbeaten string ended at 93 against collegians. Other loss on record was to non-collegian, Tim Cysewski.

Rapid City Stevens wrestler Randy Lewis left the recordbook in a shambles upon graduation from high school . . . but maybe his summertime activity was even more impressive.

College coaches from across the nation were interested in this high school phenom and he actually drew fans to any



gymnasium where he was competing.

For his accomplishments, Lewis had been named High School Athlete of the Year by the South Dakota Sportswriters Association. This in itself is an oddity since no wrestler has ever been accorded this honor by this group.

His high school record of 101 wins includes 87 pins! If that isn't an eye-grabber, try this one - Randy has won three state championship matches via pins with a total accumulated mat time of exactly three minutes. Keep in mind however, that with those 101 wins he did suffer 2 losses, both of which came as a freshman.

Perhaps even more impressive than Lewis' win streak of 93 is the manner in which he fashioned it. Randy started his string at Stevens High as an 88 lb. freshman on January 15, 1974, with a 12-7 decision over a lad by the name of Ty Farella of Newcastle, Wyoming. After that the name of the game seemed to be "pin and win". Consider these statistics and comments . . . 83 pins in the 89 wins in 3 seasons as a sophomore, junior and senior . . . established national prep record of 45 consecutive pins after breaking the previous record of 34 set by Charles

Jaeger of New York . . . In setting the records, Randy pinned wrestlers from five states and state champions from three states . . . went 57 consecutive matches without giving up a takedown . . . had back points scored against him once in high school.

A breakdown of his high school yearly record looks like this: Freshman, 12-2; Sophomore, 39-0 with 29 pins; Junior 30-0 with 27 pins; Senior, 30-0 with 27 pins.

If Lewis does not recover in time for the Big Ten Championships on March 1st and 2nd, he will miss the opportunity to become only the 5th wrestler in Big Ten history to win 4 Big Ten titles. If Lewis, ranked No. 1 nationally, had made it to the NCAA finals again this year, he would have become only the 3rd wrestler in collegiate history to wrestle in 4 NCAA championship matches.

Lewis was the youngest member of the 1980 USA Olympic Freestyle Wrestling team, and upon recovery from the elbow injury, is expected to continue his international style wrestling career.





Ready, COMMENT!

BLESSED ARE THE MEEK

George Carlson
Wrestling Coach
Scottsdale Christian Academy
9827 N. 32nd Street
PHOENIX, ARIZONA

This is a story of a close call with tragedy which ended up in a real victory for mankind. In my own life as a wrestling coach the lesson learned on this cold winter December Saturday in a small Arizona town (Show Low) was by far the greatest coaching lesson I have experienced in my 11 years of coaching.

It all began when we awakened on the second day of a 2 day wrestling tournament in Show Low, Arizona to see 4" of fresh snow on the ground. What we didn't know was that one of 12 teams entered in the tourney was facing possible tragedy as the team bus made its way down the highway toward Show Low. The team was from Round Valley and currently lead the tourney by some 12 points. As they approached the town of Show Low they entered into some thick fog and with no warning at all a large truck was just ahead entangled on a large highway snow plow. Now the bus was in a downhill slide heading toward the same entanglement. By God's grace no one was seriously hurt but some of the wrestlers sustained enough injury to warrant a hospital stay. Those who could went on without their coach to the tourney to try and salvage the 1st place trophy. They came with their bruised bodies, broken noses and sprained ankles and wrestled courageously.

About midway through the afternoon I noticed the Round Valley coach had still not returned from the hospital where he stayed with the more seriously injured wrestlers. I felt sorry for those who were wrestling without their coach but did not have courage enough to volunteer my services at their mat side.

Another coach, Dennis Pirch, whom I have come to admire very much from Payson, Arizona apparently had these same feelings for the Round Valley team and was now in their corner coaching the boys. Coach Pirch was now coaching (offering assistance and encouragement in the corner of the mat) the team from Round Valley. The Payson team had been in 2nd place throughout the tournament and now the Payson Coach was helping the one team who presently stood in 1st

place. Coach Pirch is a very avid competitor and coaches that way but here he noticed a simple human need and answered the call even though it may have meant a 2nd place finish for his own team. He simply had a feeling of obligation to human decency and answered the obligation. His own team did later win as the Round Valley team had lost too many boys to injury from the bus accident and didn't have the numbers to win the tourney. But Coach Pirch did what I think was far above and beyond the call of duty and when you watch him coach you will know why his teams are usually number 1 in the State Class B championships as he has a heart for human life which is far more than simply "win the match" or "win the tournament". He had to give up much pride to do what he did and as we are told in God's word in Christ's sermon on the mount: Blessed are the meek (those who remove selfish pride for selfless humility) for they shall inherit the earth. Dennis Pirch inherited a team victory on that day in Show Low and more importantly a moral victory in human compassion for himself and all of us who

observed. Thank you, Coach Pirch, for that example.



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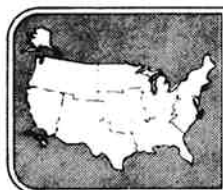


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Important Wrestling Dates . . .



NATIONAL

March 1-2 — Big 10 Championships, Madison, Wisconsin.
 March 12-14 — NCAA Championships Division I, Princeton, NJ.
 March 21 — Olympic 200 Zone Qualifying Championships - TBA.
 March 25 — USA-USSR Senior Freestyle Dual - TBA.
 March 28 — Olympic 200 Zone Qualifying Championships - TBA.
 March 27-28 — Regional Junior USWF Southeast, Univ. of Tennessee - Chattanooga, TN.
 March 27-28 — Regional Junior USWF Rocky MT. FS, Metro State College, Denver, CO.
 March 27-28 — USWF Regional Juniors Central FS, U. of Wisconsin, Madison, WI.
 March 28-29 — FILA Freestyle World Cup (Toledo, OH).
 April 1 — USA-USSR Senior Freestyle Dual - TBA.
 April 2 — Regional Juniors USWF Western GR-Shasta College, Redding, CA.
 April 3-4 — Regional Juniors USWF Western FS - Shasta College, Redding, CA.
 April 3-4 — Regional Juniors USWF Eastern FS - TBA.
 April 3-4 — USWF Regional Schoolboy Central, University of Northern Iowa, Cedar Falls, IA.
 April 4 — USA-USSR Senior Freestyle Dual - TBA.
 April 4 — Greco-Roman Zone Championships, junior & senior - TBA.
 April 4 — Olympic 200 Zone Qualifying Championships - TBA.
 April 11 — Olympic 200 Zone Qualifying Championships - TBA.
 April 11 — Regional Junior USWF Eastern GR, North Carolina A&T, Greensboro, NC.
 April 13 — Charter from Europe arrives USA (20 different states).
 April 16-18 — National AAU Senior Freestyle Championship - TBA.
 April 22-25 — FILA Referees Clinic for New Candidates, Maintaining & Upgrading (Joliet, IL).
 April 23-25 — Joliet International - 18 & under (Joliet, IL).
 April 24-25 — Joliet International - 20 & under (Joliet, IL).
 April 26 — Charter from Europe departs (Chicago, IL).
 April 30-May 2 — National AAU Senior Greco-Roman Championships (Albany State, Albany, NY).
 May 17-31 — Pan American Senior Greco-Roman & Freestyle Championships (Mexico City).
 May — National Masters Championships - TBA.
 May/June — National Sambo Championships - TBA.
 June 7-29 — Senior Greco-Roman Tour (Czechoslovakia & Austria).
 June 8 — Charter to Europe participants report to camp (Chicago, IL).
 June — USWF Northeast Region U.S. Kids - TBA.
 June — USWF Great Lakes Regional U.S. Kids - TBA.
 June 12-13 — USWF No. Plains, Regional U.S. Kids (Bismarck, ND).
 June 13 — Charter to Europe departs USA (Chicago O'Hare).
 June 13-21 — FILA Coaches Clinic (Lincoln, NE).
 June 13-16 — National Junior World Championships - Junior World - team trials Greco-Roman, Freestyle (Lincoln, NE).
 June 15 — Charter to Japan participants report to camp (Seattle, WA).
 June 18-21 — USCSC World University Games - team trials Greco-Roman, Freestyle (Lincoln, NE).
 June 18 — USWF Western Regional Schoolboy (Meridian, ID).

June 18-21 — National Junior Olympic Championships - elite & advanced Greco-Roman & Freestyle (Lincoln, NE).
 June 19 — Charter to Japan departs USA (Seattle, WA).
 June 19-20 — USWF So. Plains Regional U.S. Kids (Pueblo, CO).
 June 19-20 — USWF Southeast Regional U.S. Kids (Hickory, NC).
 June 19-20 — USWF West Regional U.S. Kids (Meridian, ID).
 June 22-July 9 — Senior Freestyle Tour (West Germany, Austria, DDR).
 June 25-27 — Final Wrestleoffs, Junior World & World University (Lincoln, NE).
 June 29 — Charter to Europe returns (Chicago O'Hare).
 June 11-14 — Junior Olympic Zone Championships (Fairfax, VA - Council Bluffs, IA - Flagstaff, AZ).
 June 18-21 — Junior Olympic Zone Championships.
 June 25-28 — Junior Olympic Zone Championships (Pullman, WA - Little Rock, AK - Indianapolis, IN - Jamestown, NY).
 July 3-4 — USWF Regional Schoolboy East - TBA.
 July 3-4 — USWF Regional Schoolboy Great Lakes (Miami Univ., Oxford, OH).
 July 3-4 — USWF Regional Schoolboy Southeast - TBA.
 July 3-4 — USWF Regional Schoolboy Southwest (Junction City, KS).
 July 4 — Charter to Japan participants leave Tokyo arrive Honolulu (Hawaii).
 July 7 — Charter to Japan participants arrive Mainland, USA.
 July 11-18 — FILA Junior World Championships - Greco-Roman, Freestyle (Vancouver B.C., Canada).
 July 12 — Olympic 200 Coaches report (Lincoln, NE).
 July 14 — Olympic 200 Greco-Roman participants reporting date (Lincoln, NE).
 July 15 — Olympic 200 Freestyle participants reporting date (Lincoln, NE).
 July 15 — World Senior Greco-Roman team reporting date (Colorado Springs, CO).
 July 15-18 — Grand Nationals - all Junior Olympic age levels (Lincoln, NE).
 July 19 — USA Schoolboy Team Wrestleoffs (Lincoln, NE).
 July 19 — Olympic 200 Wrestleoffs to determine top 80 to USOC National Sports Festival (Lincoln, NE).
 July 20 — Olympic 200 top 80 to fly to Syracuse, remaining 120 bus to Colorado Springs.
 July 20-26 — FISU World University Games (Romania).
 July 24-27 — USOC National Sports Festival - 40 Freestyle, 40 Greco-Roman (Syracuse, NY).
 July 25 — Olympic 200 (remaining 120) optional early dismissal to go home.
 July 28 — Final Wrestleoffs to determine FILA Elite Teams (Syracuse, NY).
 July 29 — World Senior Freestyle Team reporting date (Colorado Springs).
 July 29-30 — National Junior USWF Greco-Roman (University of Iowa, Iowa City, IA).
 July 30 — Olympic 200 top 80 fly to Colorado Springs to Syracuse.
 July 30-Aug. 1 — National Junior USWF Freestyle (University of Iowa, Iowa City, IA).
 August 1 — Olympic 200 remaining 120 return to their homes from Colorado Springs, CO.
 August 3 — FILA Referees Clinic for New Candidates, maintaining & upgrading (Colorado Springs, CO).
 August 4-15 — FILA Coaches Clinic (Colorado Springs, CO).
 August 6-7 — FILA Elite Greco-Roman Championships (Colorado Springs, CO).
 Aug. 6-8 — Senior World Greco-Roman Wrestleoffs (Colorado Springs, CO).
 Aug. 8-9 — FILA Elite Freestyle Championships (Colorado Springs, CO).
 Aug. 12-15 — Pan American Schoolboy Championships (Mexico City).

Aug. 13 - 15 — Senior World Team Freestyle Wrestleoffs (Colorado Springs, CO).
 August 14-16 — AAU Junior Olympic Games - TBA.
 August 20 - 30 — Pan American Junior Championships (San Cristobal, Venezuela).
 August 29-31 — FILA Schoolboy Freestyle Championships (Bagdad, Iraq).
 Aug. 29-31 — FILA Senior World Greco-Roman Championships (Oslo, Norway).
 Sept. 11-13 — FILA Senior World Freestyle Championships (Skopje, Yugoslavia).
 Sept. 24-26 — National Calendar Workshop (Lincoln, NE).
 Oct. 2-4 — National Coaching Staff Meeting (Lincoln, NE).
 October — FILA World Sambo Championships (Tokyo, Japan).
 November 27-29 — FILA World Cup - Greco-Roman (Sofia, Bulgaria).



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