

November 15, 1999
VOL. XXXV, NO. 4

Wrestling USA

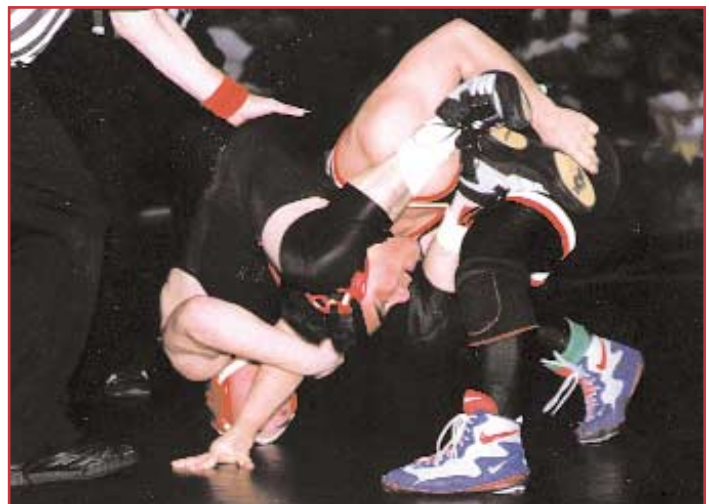


CONTENTS

- 3 EDITORIAL**
By Ed Aliverti
- 6 WRESTLE YOUR PERFECT MATCH**
Your Perfect Match Finalized
By Coach Beasey Hendrix
- 8 WEIGHT TRAINING**
Improving Skills: What The Research Says
By Matt Brzycki, Princeton University
- 12 COACHE'S CORNER**
Training The Core Area for Wrestling
By Don Vest
- 14 COLLEGE ACTION**
NAIA College Preview
By Dan Fickel
- 28 STATE REPORTS**
Maryland, Delaware, New York
- 32 EDITOR'S CHOICE - BEST IN THE STATE**
- 38 COACHING GREATS**
Bob Myers, Praise Better Late Than Never
By Stan Crawley
- 40 HIGH SCHOOL ACTION**
Best 2000 High School Sophomores & Freshman
By Dan Fickel
- 48 WADE'S WAY**
From Pins To Pen...As I See It!
By Wade Schalles
- 51 TITLE IX**
More Than Just Corn Grew In Iowa This Summer
By Eric Leshner
- 52 ATHLETES IN ACTION**
Athletes In Action Wrestling Travels to Latin America
By August Wesley and Gene Davis
- 54 NATIONAL WRESTLING HALL OF FAME**
Two Outstanding Wrestling Officials
- 55 SPORTS MEDICINE**
Diet Hints to Wrestlers
By D.D. Conkwright Jr., MD
- 58 GIRLS IN WRESTLING**
If You Have The Guts To Go Out There,
They Respect You
By Daniel R. Basso
- 60 MAT NOTES**



Dutch National Greco-Roman Championships. Melvin Witteveen (blue), rolls over his opponent, F. Stijlaard, to score 2 points. Melvin wins and places 2nd.



1999 Texas State Championship finals. 125 lb. Frank Soto, a senior from Hanks High School, El Paso (top), pinned Adolf Ortega, Tascosa, Amarillo, in 5:57. Photo by Greg A. Guy.