

Never Too Young

By Royce Alger

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One of my first articles for this magazine talked about weight lifting for younger athletes. It dealt primarily with the concept of incorporating lifts at a young age to acquire ligament and tendon strength.

Since then, my views have not only stayed the same, they have strengthened. I watched the World Championships in September at Madison Square Garden. The event was very intense and brought together some of the finest athletes I have ever

seen assembled at one place at one time. It seems that the old days of seeing one or two athletes dominating a weight class are clearly over. At any weight there were literally 5 or 6 athletes that could have brought home the Gold. John Smith and I