

Missing Link

By Mike Flemming

Liberty High School, Carroll County, Maryland

I have been a teacher and wrestling coach at Liberty High School, a public school in Carroll County, Maryland, for ten years. The school opened in 1981 and up until last season never had a room dedicated to wrestling. Our wrestling

room is a 42'X42' square and able to hold one full sized wrestling mat. The first thing that I purchased for our room was an order of AB Bands.

The limitations of our room and budget were not what prompted me to buy an

order of AB Bands, but my belief in the product and for the benefits it would have for my team. I met Andrey Brener during my second year of coaching. I was amazed by his technical expertise and fluidity of motion. We would work out together and I