

Strength Training: Not Just for Males

By Matt Brzycki



Largely due to the passage of Title IX in 1972, the number of females who participate in sports has grown by leaps and bounds. One of the sports that has been on the fast track for growth is wrestling.

Currently, thousands of girls wrestle at the scholastic level in the United States. A handful of states sponsor separate wrestling programs for girls along with

some colleges and universities. Dozens of countries throughout the world have a national team, and, of course, women's wrestling was added as an Olympic sport and made its historic debut at the 2004 summer games in Athens.

With the rise in participation has come the burning need for sound information about preparation for wrestling. Other than skill training, perhaps the most important

aspect of preparation is strength training.

Strength training is not just for males. The main reason why a female wrestler should do strength training is to reduce her risk of injury. By improving the strength of her muscles, connective tissues and bones so that those biological components can tolerate more stress, an athlete will reduce the likelihood of incurring an injury. Another reason why a female wrestler