

December 15, 2005  
VOL. XLI, NO. 5

CONTENTS

<b>3</b>	<b>EDITORIAL</b> Greetings from the Bryants	<b>22</b>	<b>COACHES CORNER</b> Exerpt #2 "Call Me Coach" By Steve Wolfe
<b>6</b>	<b>WEIGHT TRAINING</b> Wrestling Camp 2005 Q&A By Matt Brzycki	<b>24</b>	<b>PROFILE OF A CHAMPION</b> California's Louis Bland Sets Precedence By Al Fontes
<b>10</b>	<b>OLYMPIC HEROES</b> Never Stop Pushing: My Life From a Wyoming Farm to the Olympic Medals Stand By Rulon Gardner	<b>25</b>	<b>HALL OF FAME</b> NWCA Announces Annual Scholastic Award Winners New York's Troy Nickerson, California's Wayne Branstetter and Minnesota's Larry Hovden Honored
<b>12</b>	<b>ADVICE FROM A CHAMPION</b> Training to Scramble and Explode By Ben Peterson and Ethan Bosch	<b>26</b>	<b>FROM THE COACH</b> "We're Just Drop-To-Your-Knees Grateful" to the Wrestling Community By Paul White
<b>14</b>	<b>WRESTLERS CORNER</b> How Wrestling Saved My Life By Steven E. Holt	<b>28</b>	<b>REALPROWRESTLING</b> The Rest of The Whole Enchilada, So Far (Part II) By Kenny Johnson
<b>16</b>	<b>COACHES CORNER</b> Effective Practices & Off-Season Activities By Bill Welker	<b>30</b>	<b>WRESTLING USA NATIONAL CALENDAR</b>
<b>18</b>	<b>COACHES CORNER</b> Wrestling is Better than Football Because: A good-natured look at our top two contact sports By Milt Sherman	<b>32</b>	<b>COLLEGE ACTION</b> 2005-06 NCAA Division II College Preview By Dan Fickel, National Editor
<b>20</b>	<b>TIPS AND SECRETS</b> Goal Setting and Evaluation: Are You Positive? By Mike Clayton	<b>54</b>	<b>EDITOR'S CHOICE - BEST IN STATE</b> Louisiana, Arizona, California, Virginia, Michigan, Nebraska, Connecticut, Texas, North Dakota, South Carolina, Maine



National Junior Women's 102 lb. Finals - Joey Miller (OK) dec. Camie Yeik (WA), 9-7. Photo by Wyatt Schultz.



Division I - 145 lb. Championship Semifinals - Dustin Schlatter of Massillon catches Cin. Arch. Moeller's Dean Gaier for a takedown en route to a 0:53 fall. Photo by Tyler Scott.