

**CONTENTS**

<b>3</b>	<b>GUEST EDITORIAL</b> Promotion...the Salvation of Wrestling By Jack Roller	<b>24</b>	<b>CALIFORNIA COLLEGE CHAMPIONSHIPS</b> Mike O'Hara Clinches Team Title for Santa Ana College California Community College State Championships By Al Fontes
<b>6</b>	<b>WEIGHT TRAINING</b> Success Through Failure By Matt Brzycki	<b>26</b>	<b>NATIONAL HIGH SCHOOL TOURNAMENTS</b> Blair Takes 13th Annual Beast of the East By Skip Parker
<b>10</b>	<b>COACHES CORNER</b> Obtaining Optimal Performance By Douglas R. Curnes, CPT	<b>30</b>	<b>MAT THOUGHTS</b> The California Page By Lynn Dyche
<b>12</b>	<b>COACHES CORNER</b> The <del>A</del> Science of Motivation Part IV By Greg DeMarco	<b>32</b>	<b>TOP TECHNIQUE</b> Sit Out Turn Out; Outside Switch; Inside Switch By Vaughn Hitchcock
<b>14</b>	<b>TIPS AND SECRETS</b> How To Cut Weight For Wrestling! 7 Tips To Get Stronger While Your Competitions Is Getting Weaker! By Steve Preston	<b>34</b>	<b>NATIONAL HIGH SCHOOL TOURNAMENTS</b> Walsh Ironman – Bringing the East with the West By Al Fontes
<b>16</b>	<b>MAT TALK</b> Sometimes We Take Sports and Life too Seriously By Dr. Bill Welker	<b>38</b>	<b>HIGH SCHOOL ACTION</b> Best 2006 High School Sophomores and Freshmen By Dan Fickel, National Editor
<b>18</b>	<b>ADVICE FROM A CHAMPION</b> Reaching a Higher Plane By Olympic Champion Ben Peterson and Ethan Bosch	<b>50</b>	<b>WRESTLING IS BETTER THAN BASKETBALL</b> By Milt Sherman
<b>20</b>	<b>OLYMPIC CHAMPION HEROES</b> The American Wrestling Legends Dan Gable and Bruce Baumgartner Came Over To Me By Rulon Gardner	<b>52</b>	<b>HIGH SCHOOL ACTION</b> Best 2006 High School Juniors By Dan Fickel, National Editor
<b>22</b>	<b>WRESTLERS CORNER</b> 10 "Strength Training" Commandments for Wrestlers Part Two of the Wrestling Strength Training Series By Steve Preston	<b>62</b>	<b>COLLEGE WRESTLING</b> No Longer Just a "Club" By Kevin Andres



2005 Beast of the East 189 lb. Championship - Jamelle Jones (Winslow Township, NJ), top, dec. Matthew Edmundson (Cook). Photo by Ken Correll.



2005 California JC State Championships Fresno City College, CA-197 lbs. Ryan Silveira (Mt. San Antonio College), by dec. over Jayson Collard (Santa Rosa Junior College), 6-3. Photo by John Sachs.