

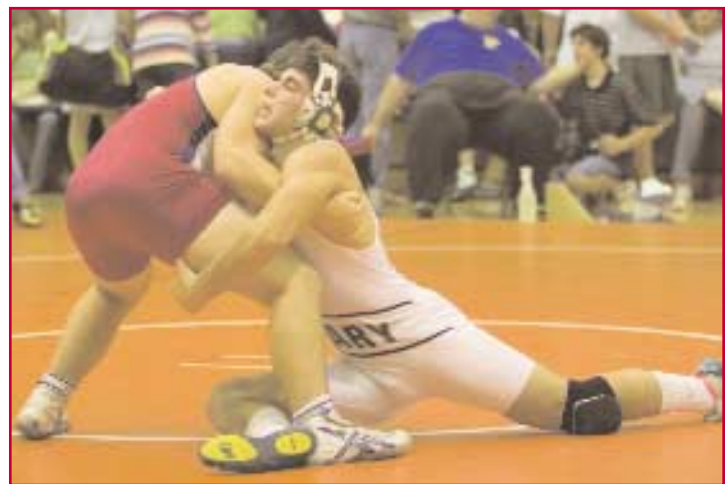
October 1, 2005
VOL. XLI, NO. 2

CONTENTS

3	EDITORIAL By Lynn Dyche, Guest Editor	34	OFFICIALS CORNER A Man of the Mat by Matt Krumrie
6	WEIGHT TRAINING Tales from the Weight Room - Part II By Matt Brzycki	36	EDITOR'S CHOICE - BEST IN THE STATE Montana, Idaho, Kentucky, Pennsylvania
10	PROFILE OF CHAMPIONS Living the Dream – The Champions of Champions, Brent Metcalf and Joe Mendez By Stew Carrier	40	OFFICIALS CORNER Theory of Evolution of Wrestling Rules By Ira Fleckman
12	WRESTLING HEROS Olympian Dave Schultz and the 64-Point Doughnut By Steven E. Holt	42	COLLEGE ACTION Pre-Season 200 Top College Wrestlers By Dan Fickel
16	MAT THOUGHTS ... On Taking Risks by Dr. Bill Welker	52	NWCA NEWS Graham Leads Field of Meritorious Service Award Winners for 2005
18	SPORTS MEDICINE Neck Injuries in Wrestling By Randy Martin M.D.	53	NWCA NEWS NWCA Announces Annual Scholastic Award Winners
20	COACHES CORNER Never the Less By Ollie Cooperwood	54	WORLD OF WRESTLING 2005 All-Star Pre-Season Top Five Division I-II
22	POINT OF VIEW America's Youth, Huge Awards, and Meaningful Victories By Jack Roller	57	REALPROWRESTLING RPW Goals - Welfare Reform
26	HIGH SCHOOL ACTION Best 2005-06 High School Seniors By Dan Fickel	58	HALL OF FAME New York State Chapter of Long Island Honors Class of 2005
		60	STATE REPORTS Minnesota, Louisiana



Cory Cooperman, NYAC, decisions Max Meltzer, Crimson WC, 1-1, 0-1, 3-1. Photo by Rob Preston.



North Carolina - Mark Jahad, 189 lbs. North Carolina State Champion, Cary High School, goes for a takedown. Photo by Thomas A. Ferguson.