

# WRESTLING USA MAGAZINE

## TABLE of Contents

December 15, 2007  
VOL. XLIII, NO. 5

# Wrestling USA



THE NATIONAL VOICE OF HIGH SCHOOL WRESTLING

**3** **LETTER FROM THE EDITOR**  
By Cody Bryant, Managing Editor

---

**6** **COLLEGE ACTION**  
**NAIA College Preview**  
By Dan Fickel, National Editor

---

**24** **ADVICE FROM A CHAMPION**  
**Inspired By A Higher Goal**  
By Olympic Champion Ben Peterson

---

**28** **TIPS AND SECRETS**  
**Setting the Record Straight About High Intensity Training**  
By Matt Brzycki

**34** **EDITOR'S CHOICE BEST IN STATE**  
Vermont, Minnesota, Virginia, Arizona, California

---

**40** **MAT THOUGHTS**  
**...On Comical Wrestling Rules Clinics Experiences**  
By Bill Welker

---

**44** **NUTRITION TIPS**  
**Heart Health is Important in all Lifestyles**  
By James Johnson, RCN, CSN, CMA

---

**48** **DEFINING MOMENTS**  
**Wrestling With Adversity**  
By Greg Johnson, *The NCAA News*

---

**52** **STATE REPORT**  
New York, Louisiana



2007 Minnesota AAA Section 3 Wrestling Championships - Vilai Vang (Saint Paul Harding) trying desperately to keep control of Zach Tracy (Cretin Derham Hall). Photo by Chris Falteisek.



2007 Central Regional Cadet Greco-Roman - 112 lbs. Nick Odom (Indiana) with a roll through on Alex Cannon (Michigan). Odom decided Cannon; 4-2, 5-3. Photo by Charles T. Bennett.