

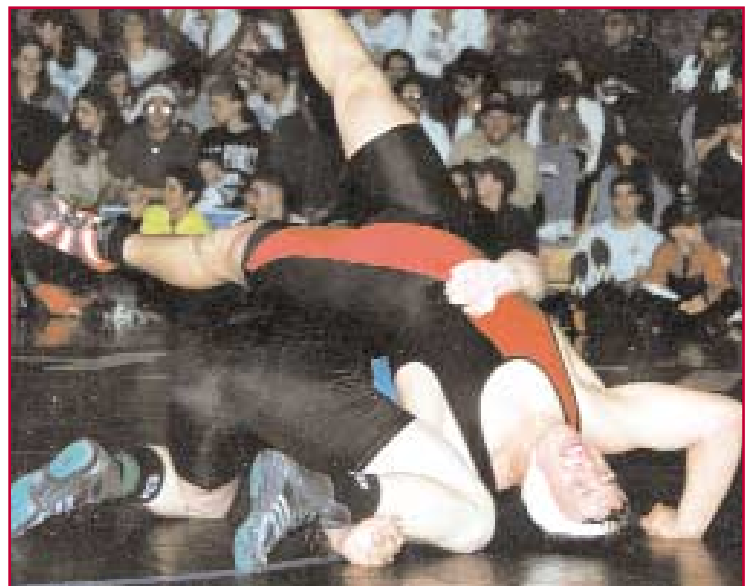


CONTENTS

- 3 EDITORIAL**
By
- 6 COACHING TIPS**
Developing a State Championship Program
By Cecil Hinshaw
- 8 SPORTS MEDICINE**
The Creatine Myth
By Steve Plish, M.S., C.S.C.S.
- 10 KILL THE REF**
Down For The Count
By Jack Roller
- 12 COLLEGE ACTION**
NCAA Division I College Pre-Season Forecast
By Dan Fickel, National Editor
- 38 EDITOR'S CHOICE**
Massachusetts, Connecticut, New Jersey
- 39 HIGH SCHOOL ACTION**
Best 1999 High School Juniors
By Dan Fickel, National Editor
- 55 MAT THOUGHTS**
. . . On Amy Alvaro: West Virginia Wrestling's
First Female State Qualifier
By Bill Welker
- 56 WRESTLING CHAMPIONSHIPS**
Junior World Freestyle Wrestling Championships
- 61 WEIGHT TRAINING**
Metabolic Conditioning
By Mark Brzycki
Coordinator of Health Fitness, Strength and
Conditioning, Princeton University



1998 All City Tourney, Albq. New Mexico - Eddie Bracamonte, West Mesa, defeats Sal Navarez, Sandia (blue) in the 135 lb. weight class. Photo by Greg Guy.



1998 All City Tourney, Albq. New Mexico - Brandon McGillberry, Del Norte, defeats Eric Garcia, Rio Grande (bottom) in the 215 lb. weight class. Photo by Greg Guy.