

March 1, 2010
VOL. XLV, NO. 8

Wrestling USA



THE NATIONAL VOICE OF HIGH SCHOOL WRESTLING

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

- 6** **ADVICE FROM A CHAMPION**
When Hope Is Deferred!
By Olympic Champion Ben Peterson

- 10** **STRENGTH TRAINING**
Stability Balls: Getting To The Core
By Matt Brzycki

- 14** **WHERE ARE THEY NOW?**
Cliff Keen: All-Around Contributor To The Sport
With Wrestling Historian Ed Ewoldt
By Kristie Stubbs and Mark Palmer

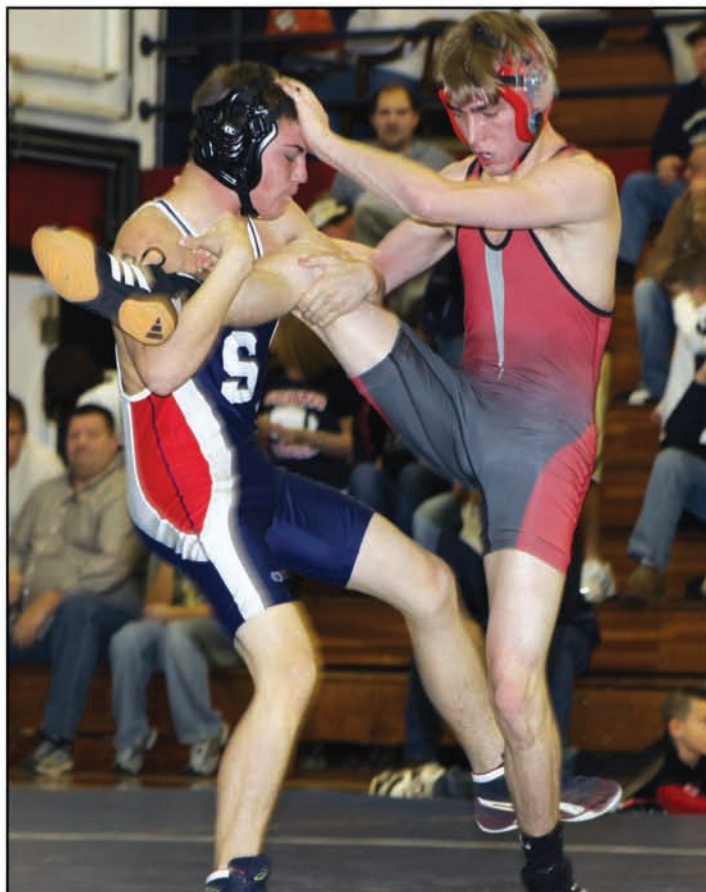
- 18** **COACHES CORNER**
Strategies In The Post-Season
By Keith Manos

- 22** **WRESTLING NUTRITION**
Nutritional Recovery Is Important
For Sport Success
By James Johnson, RCN, CSN, CMA

- 25** **MAT THOUGHTS**
Today's Technology
By Dr. Bill Welker

- 28** **TOP TECHNIQUE**
Near Wrist/Hammer Lock Position
By Ken Chertow

- 30** **HIGH SCHOOL ACTION**
Best 2010 High School Juniors
By Dan Fickel, National Editor



West Virginia - 130 lbs. Briar Shively (Parkersburg South) with the high single leg trip on Corey Law (Belpre, OH). Shively won by a technical fall 16-1. Photo by Valerie Smith.



2009 Kaufman / Brand Open, Nebraska - Tyler French (Air Force Academy) works to create space as Kamarudeen Usman (Nebraska-Kearney) elevates the leg in their 174 lb. championship match. Usman went on to win 5-3. Photo by Mike Smith/MatShots.