

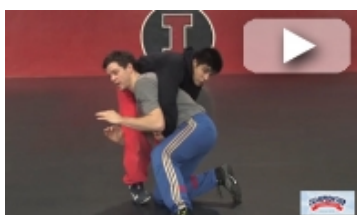
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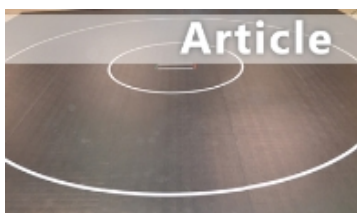
## This Edition's Coaching Instructional Content:



### Swim to Head Cradle Finish

Mark Perry - Univ. of IL

Watch as Coach Mark Perry explains and demonstrates this high crotch swim to head cradle finish.

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### Best Wrestling Diet for Weight Loss and...

Wrestle Club

What is the best wrestling diet for weight loss? A lot of wrestlers will lose weight to get down to a lower weight class. I would like to talk about a proper way...

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### Penetration Drill

Scot Davis - Eden Prairie High School (MN)

Watch as Coach Scot Davis explains and wrestlers demonstrate this penetration drill.

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### Weekly Chatter

- > John Smith to Coach U.S. Women's Freestyle...
- > Studious Thomas Gilman Ready to Take on the World
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- > CBC to Debut a Wrestling Center