

## CONTENTS

**3 LETTER FROM THE EDITOR**

By Cody Bryant

**6 ATHLETES IN ACTION**

Athletes in Action International Tours 2006  
By Cam McElhany

**8 WRESTLING LIFE**

Hip-Hop Song "I'm A Wrestler"

**10 COACHES CORNER**

Postseason Wrestling Tournaments  
By Bill Welker

**12 WEIGHT TRAINING FOR WRESTLERS**

I'm Done With Wrestling, Now What?  
By Matt Brzycki

**16 COLLEGE ACTION**

2006-07 NCAA Division II College Preview  
By Dan Fickel, National Editor

**28 STATE REPORT**

Maine  
By Bob McPhee

**30 ADVICE FROM A CHAMPION**

Tribute to the Older Generation  
My Father-In-Law's First 90 Years  
By Ben Peterson

**34 HIGH SCHOOL ACTION**

2006-07 High School All-Class Rankings  
By Dan Fickel, National Editor

**42 WOMEN IN WRESTLING**

2006-07 USGWA Wrestling  
By Kent Balio

**57 EDITOR'S CHOICE – BEST IN THE STATE**

Alabama, Arizona, Colorado, Delaware, Georgia,  
Kansas, Louisiana, Rhode Island



2006 Monster Match Denver, CO 18 and Under 125 lbs. - Jordan Teller (Montana) gains back points against Gavin Garza (Colorado) in a 16-15 decision for Teller. Photo by Dean Vande Berg.



CACC Wrestling North vs South All-Star Meet - 197 lbs. Jayson Collard (Santa Rosa JC) vs. Ryan Silvera (Mt. San Antonio College). Photo by John Sachs.