

January 15, 2008
VOL. XLVII, NO. 6

Wrestling USA



THE NATIONAL VOICE OF HIGH SCHOOL WRESTLING

3 **LETTER FROM THE EDITOR**
By Joseph Manzo, Guest Editor

6 **COLLEGE ACTION**
2007-2008 NCAA Division II College Preview
By Dan Fickel, National Editor

22 **WEIGHT TRAINING FOR WRESTLERS**
The Cable Column:
An Effective Tool for Strength Training
By Matt Brzycki

26 **ADVICE FROM A CHAMPION**
Tenacious Defense
By Olympic Champion Ben Peterson

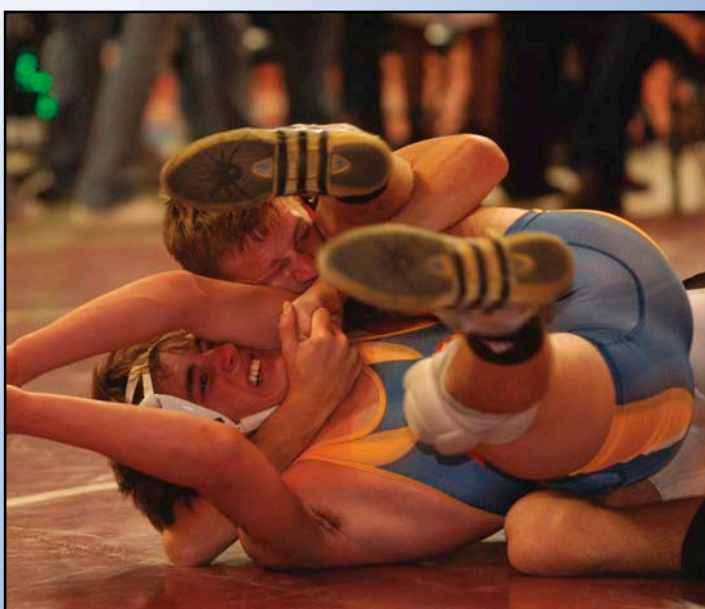
30 **HEAVYWEIGHT PROFILE**
Heavyweights in the Heartland
By Don V. Vest

34 **HIGH SCHOOL ACTION**
Best 2008 High School All-Class Rankings
By Dan Fickel, National Editor

42 **WOMEN IN WRESTLING**
2007-08 USGWA Wrestling
By Kent Balio



2007 Cyclone Open - 157 lbs. Cyler Sanderson (Iowa State), with a double leg on Adam Weber (Wartburg). Sanderson major decided Weber 14-4. Photo by John Johnson.



2007 Monster Match - 130 lbs. Brandon Estep (Texas), has a nearside cradle locked up on Cort Siegle (Colorado). Estep decided Siegle 7-4. Photo by Dean Vande Berg.