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Men's USA Freestyle Team World Champions

By Cody Bryant, Managing Editor

The USA men's freestyle team was crowned World Team Champions for the fifth time. This was also their first time for USA men's freestyle to win back-to-back World Team titles. Team USA finished with seven medals; Vitali Arujau gold medal at 61 kg, Zain Retherford gold medal at 70 kg, David Taylor gold medal at 86 kg, Kyle Dake silver medal at 74 kg, Zahid Valencia bronze medal at 92 kg, Kyle Snyder bronze medal at 97 kg, and Mason Parris bronze medal at 125 kg.

Arujau defeated Abasgadzhi Magomedov (Russia) 10-9 to win a gold medal in his first Senior World Championships appearance. Vitali also won the NCAA title at 133 lbs this year for Cornell. Retherford won 8-5 over Amirmohammad Yazdanicherati (Iran) for his second consecutive finals appearance. Zain was a three-time NCAA champion for Penn State. Taylor won his third World gold medal after pinning Hassan Yazdanicherati (Iran) in 5:57. Taylor dominated his opponents with three pins and two technical falls in his five matches. David also wrestled for Penn State and won two NCAA titles, and was a four-time finalist.

Kyle Dake, a four-time world champion, lost a tough 10-7 match to Olympic and two-time World champion Zaurbek Sidakov (Russia) to win the silver. Kyle was a four-time NCAA champion for Cornell.

Valencia won his bronze medal with a 11-0 technical fall over Arash Yoshida of Japan in his first Senior World Championships after winning two NCAA titles for Arizona State. Kyle Snyder won his ninth straight World or Olympic medal after receiving the bronze medal when two-time Olympic champion, Abulrashid Sadulaev (Russia) could not compete due to injury. Snyder began his winning streak when he won a gold medal at the 2015 World Championships. Mason Parris won his bronze medal match after defeating Abdulla Kurbanov (Russia) 12-2. Parris was competing in his first Senior World Championships after winning the NCAA title and the Dan Hodge Trophy while at Michigan this year.

Final USA men's freestyle team standings are as follows: USA (148), Iran (108), Georgia (80), Kazakhstan (74), Azerbaijan (66), Japan (65), Armenia (49), Serbia (40), Bahrain, Hungary, and Ukraine (35).

The USA women's freestyle team also finished with seven medals, but finished second behind powerhouse Japan in the team race; Amit Elor gold medal at 72 kg, Jacarra Winchester (55 kg) and Macey Kilty (65 kg) won silver medals, and bronze medalists Sarah Hildebrandt (50 kg), Helen Maroulis (57 kg), Jennifer Page (59 kg), and Adeline Gray (76 kg).

Elor decisioned Davaanasan Enkh Amar (Mongolia) 8-2 in the finals. This is Elor's second World gold medal after becoming the youngest USA Senior World champion last year at age 18.

Winchester and Kilty both lost to Japanese opponents to take home silver medals. Winchester lost to Haruna Okuno (Japan) 4-2, and Kilty lost to Nonoka Ozaki (Japan) by technical fall 10-0.

Hildebrandt defeated Evin Demirhan (Turkey) 5-0, Maroulis decisioned Anhelina Lysak (Poland) 10-6, Gray also won by a 10-6 score by beating Milaimys Marin Potrille (Cuba), and Page pinned Alyona Kolesnik (Azerbaijan) in 1:40 to all win the bronze medal at the World Championships.

Final women's freestyle team standings are as follows: Japan (195), United States (135), Mongolia (80), China (65), Ukraine (59), Moldova (58), Turkey (55), Kyrgyzstan (47), UWW (39), and Germany (35)

The USA Greco-Roman team finished with 14 points and placed 22nd as a team. Only Alejandro Sancho (67 kg) and Kamal Bey (77 kg) won two matches. Team USA Greco-Roman wrestlers finishing in the top 10 included Patrick Smith (8th at 72 kg), Brady Koontz (10th at 55 kg), Xavier Johnson (10th at 62 kg), Kamal Bey (10th at 77 kg), and Cohlton Schultz (10th at 130 kg).

Final Greco-Roman team standings are as follows: Azerbaijan (120), Iran (102), Turkey (93), Cuba (73), Armenia (65), Kyrgyzstan (60), Georgia (59), Hungary (52), Uzbekistan (52), and Serbia (49).

A special hats off to Montana native and former four-time state champion, NCAA national champion, World champion, Distinguished Member of the National Wrestling Hall of Fame, and Team USA freestyle coach Bill Zadick for leading Team USA to it's second consecutive team title at the World Championships in Belgrade, Serbia!

"The Lord will march out like a champion, like a warrior he will stir up his zeal; with a shout he will raise the battle cry and will triumph over his enemies."

-Isaiah 42:17

As always, Let's be "On The Go Together,"

Cody

COVER PHOTO

2023 World Championships Men's Freestyle Final - 70 kg Zain Retherford (USA) in with a double leg on Amirmohammad Yazdanicherati (Iran). Retherford won the Gold Medal match 8-5 to help the United States win their second consecutive World Team title. Photo by Randy Tomaras.

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2023 World Championships Women's Freestyle Final - 72 kg Amit Elor (USA) defeated Davaanasan Enkh Amar (Mongolia) 8-2 to win the Gold Medal. Elor helped lead USA to seven medals and second place in the team standings. Photo by Randy Tomaras.



2023 World Championships Men's Freestyle Final - 86 kg David Taylor won his third World gold medal after pinning Hassan Yazdanicharati (Iran) in 5:57. Taylor dominated his opponents with three pins and two technical falls in his five matches. Photo by Randy Tomaras.



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*2022 WWCTOC Stats



NCAA Division I Preseason Forecast



By Dan Fickel

The purpose of this forecast is two-fold in nature: (1) to familiarize the reader with the possible participants in each weight class and (2) to stimulate discussion as to the outcome of the 2024 NCAA Division I Wrestling Championships. This forecast will be affected by weight class changes, redshirt decisions, eligibility issues, transfers, wrestlers who may decide not to compete or defer enrollment, and injuries.

125 Pounds

Supremely talented Matt Ramos starts out as the early favorite after his outstanding runner-up NCAA performance last year. He reached the national finals with a dramatic pin over three-time NCAA champion Spencer Lee of Iowa in the semi-finals. An action-packed performer with a penchant for scoring bonus points, Ramos won an Illinois state title while in high school and was the 2018 Cadet World Freestyle Champion.



Matt Ramos
Purdue

All-Americans Anthony Noto, Eddie Ventresca, Eric Barnett, and Patrick McKee are sensational grapplers who will supply quality competition to Ramos. Noto, a 2022 U23 World Team Trials Champion, competes with an aggressive style and is capable of scoring big points. He has won two straight Mid-American Conference crowns and is a previous four-time New York state champion. Ventresca placed second at the Atlantic Coast Conference Championships and was the 2019 New Jersey state champion for Pope John XXIII Regional High School. Barnett, a two-time All-American, won three Wisconsin state titles for Hortonville High School and was the 2018 Junior National Freestyle Champion. McKee has earned All-American honors on multiple occasions and is an exciting competitor from an accomplished wrestling family. He took top honors at the 2017 Junior National Freestyle Championships and was a three-time Minnesota state champion for St. Michael-Albertville High School.

Michael DeAugustino and Brandon Kaylor have reached the All-American podium in the past and are big-time performers who should not be underestimated. DeAugustino, a transfer from Northwestern University, placed fourth at the 2022 NCAA Championships and is a former Florida state runner-up. He comes from a strong wrestling pedigree as his father and grandfather are in the National Wrestling Hall of Fame. Kaylor won four Washington state titles for Bonney Lake High School and is the defending PAC 12 Champion. He is very good on his feet and was the 2017 Junior National Greco-Roman Champion.

Richard Figueroa, Stevo Poulin, Brett Ungar, Jakob Camacho, Dean Peterson, Drake Ayala, Caleb Smith, Braxton Brown, Jore Volk, and Noah Surtin will be top contenders for All-American honors. Figueroa, a previous Cadet World Silver Medalist, put together a sensational

prep career at Selma High School, winning three California state titles, a UWW Junior National Freestyle Championship, and a first-place performance at the Super 32 Challenge. He was champion at the prestigious 2022 Cliff Keen Las Vegas Wrestling Invitational and is a tenacious individual with a variety of techniques. Poulin placed second at the 2023 U23 Freestyle Nationals and is the defending Big 12 Champion. He won three New York state titles while in high school and was the 2018 Super 32 Challenge Champion. Ungar was a two-time state high school champion, winning titles in New Jersey and Pennsylvania. He missed All-American status by one match last year and is the returning EIWA runner-up. Camacho was named a 2020 NWCA All-American and is a two-time Atlantic Coast Conference Champion. He placed second at the 2022 World Team Trials and was a three-time Connecticut state champion for Danbury High School. Peterson finished one win shy of the podium at the national tournament last year and is a former two-time New Jersey state champion. Ayala enjoyed a decorated prep career at Fort Dodge High School, winning three Iowa state titles, a 16U National Freestyle Championship, two Junior National Freestyle Championships crowns, and a Super 32 Challenge title. He is a tremendous scorer right from the neutral position. Smith is a transfer from Appalachian State University. He won three North Carolina state titles for Southwest Guilford High School and is the defending Southern Conference Champion. Brown placed at the Big Ten Championships and was a four-time Texas state champion for Allen High School. Volk won three Minnesota state titles for Lakeville North High School and was a double champion, claiming

125 lbs. Forecasted Champ: **Matt Ramos (Purdue)**

Top Challengers: 2. Anthony Noto (Lock Haven)

- | | |
|-------------------------------------|---|
| 3. Eddie Ventresca (Virginia Tech) | 18. Kysen Terukina (Iowa State) |
| 4. Eric Barnett (Wisconsin) | 19. Troy Spratley (Oklahoma State) |
| 5. Richard Figueroa (Arizona State) | 20. Ethan Berginc (Army West Point) |
| 6. Patrick McKee (Minnesota) | 21. Diego Sotelo (Harvard) |
| 7. Stevo Poulin (Northern Colorado) | 22. Ryan Miller (Pennsylvania) |
| 8. Michael DeAugustino (Michigan) | 23. Nick Babin (Columbia) |
| 9. Brandon Kaylor (Oregon State) | 24. Eli Griffin (California Baptist) |
| 10. Brett Ungar (Cornell) | 25. Jack Maida (American) |
| 11. Jakob Camacho (NC State) | 26. Tucker Owens (Air Force) |
| 12. Dean Peterson (Rutgers) | 27. Blake West (Northern Illinois) |
| 13. Drake Ayala (Iowa) | 28. Tanner Jordan (South Dakota St) |
| 14. Caleb Smith (Nebraska) | 29. Robert Howard (Penn State) |
| 15. Braxton Brown (Maryland) | 30. Nico Provo (Stanford) |
| 16. Jore Volk (Wyoming) | 31. Jett Strickenberger (West Virginia) |
| 17. Noah Surtin (Missouri) | 32. Colton Camacho (Pittsburgh) |

Idaho's Kaidance Gerg Takes the Nation by Storm - Dreams Big

By Al Fontes

The State of Idaho had a banner year in 2023. For the first time in the state's history, a contingent of junior level wrestlers won the prestigious U.S. Nationals (16U/Junior) in Greco-Roman at the Fargo Dome in North Dakota. Additionally, this group of juniors also produced the most All-Americans in that division with ten. This is an impressive achievement considering Idaho is the lowest populated state (1.9M) in the country to ever win a team title at this event since the first tournament in 1971, which was held in Iowa City, Iowa. On top of that, several Idaho wrestlers won individual titles in their respective age group divisions and brought home the much-desired championship plaque, aka, "The Stop Sign." Among this elite group is Meridian's Kaidance Gerg, who earlier this year moved from Washington to the Gem State of Idaho and in short order made a name for herself in the girl's division not only locally, but the entire nation.

The norm for a majority of athletes stepping into the circle for the first time is common around middle school where participation in the of sport wrestling is traditionally offered for grades sixth through eighth. In fact, it was in the sixth grade where Kaidance was actively involved with the school's volleyball team, but not too long after changed course and decided to give wrestling a try after her younger brother joined a local club. It didn't take long for Kaidance to gravitate to the individual challenges that wrestling offered. According to Kaidance, the individuality of wrestling challenged her a lot more than team sports and as a result she set her sights on learning more about wrestling.

Moving forward, Kaidance competed for her local middle school in Eatonville, Washington from the sixth through eighth grades, where she experienced some success early on. For instance, she became the first girl to win the Seamount League Championships in the seventh-grade division. This was an important leading indicator to reinforce her early desire to pursue wrestling. She was not alone! Not only did she have a lot of support from her family, but her Dad, Sidney, was also her coach and has been her inspiration to reach great heights. According to her Sidney, "I've never seen anyone work harder than Kaidance. There are a few people that can match it in their own way, but I don't think there's anyone in the world that works harder."

After three years on the mat, Kaidance and her family determined that she would make a change of course after middle school. Moving

forward, Kaidance would no longer attend a public school or compete for a high school program. Instead, she would engage in a new academic and training construct that was exclusively tailored to advance her to compete on a national scale with the goal of someday reaching the top-echelon of international and Olympic wrestling. In a nut shell, she would continue her academic obligations via the homeschool process and on the mat follow her Dad's structured training system geared towards the advancement in freestyle.

From this point, Kaidance's training and academic regimen included a very structured process that included steady learning and refining of technique, proper nutrition, daily academic study, and mental preparation to compete at the highest level possible for her age group with the aim of continuously improving. Furthermore, a vast majority of her training environment was performed in a makeshift wrestling room at their home's garage in addition to training at various clubs in the region.

The year 2020 will be etched in our psyche for many years to come, especially the impact of the COVID-19 pandemic shutdown and how it caused our daily lives and norms to change significantly.



2023 Who's Number One match with Kaidance Gerg (Idaho) ready to wrestle top seeded Valerie Hamilton (Illinois). Gerg won by decision 6-4. Photo by Sam Janiki.

AMATEUR WRESTLING NUTRITION FOR TRAINING:

What and How Much Should a Wrestler Eat to Optimize Training

By Charles Paul Lambert, PhD

Above all, weight maintenance (not gaining or losing weight) during the competitive season should be the primary goal of a nutrition program for training. If you are losing weight most likely you are not eating enough to fuel your training sessions during the season. Obviously, you can use the scale to do this and belly up to the table if you are losing weight and back away from the table if you are gaining weight.

Typically, athletes are told to eat 1.2-1.4 grams of protein per kilogram of bodyweight per day (1,2). If you are trying to gain muscle (for example in the off-season) you should eat up to 1.6 g/kg protein/day (1,2). With regard to carbohydrates, the ultimate energy fuel for exercise, for a wrestler training 1-2 hours per day they should take in 8-10 grams of carbohydrate per kilogram of bodyweight (1,2). This seems like a lot of carbohydrate and it is: This is a similar amount of carbohydrate as prescribed for endurance athletes such as marathon runners who also train 1-2 hours per day (2). Carbohydrate oxidation or in other words carbohydrate burning will supply a high percentage of energy needs during intense activity such as those undertaken during a wrestling practice.

With regard to fat intake, there are no real recommendations. Anecdotally, 50 grams per day of fat would appear to be the minimum amount of fat you should take in for the absorption of fat soluble vitamins. You should probably take in a good deal more fat to be on the safe side with upper limit of 100 grams of fat per day. So take in between 50 and 100 grams of fat.

So for "Johnny" the 138 lb wrestler or converted to kg (138 lbs divided by 2.2046 lbs/kg) the 62.6 kg wrestler you should 62.6 by 1.3 g per day for protein. 62.6 X 9 g per day for carbohydrate and add in say 75 g per day of fat (range 50-100 g per day). Rec.=Recommended.

References

- Lambert, CP. Physiology and Nutrition for Amateur Wrestling. Taylor & Francis, Routledge; Boca Raton, FL, 2020.
- Wilmore, JH. and Costill DL. Physiology of Sport and Exercise. Human Kinetics, Champaign, IL 1994.



Macronutrient	Rec. g/kg/day	kcal/g (constants)	bodyweight (kg)	g/day	Kcal/day
Protein	1.3	4	62.6	81	324
Carbohydrate	9	4	62.6	563	2252
Fat	-	9	-	75	675

Protein: Multiply Rec. g/kg/day X 62.6 kg x 4 kcal/g =324 kcal

Carbohydrate: Multiply Rec. g/kg/day X 62.6 kg X 4 kcal/g=2252 kcal

Fat: Multiply Rec. g/kg/day X 62.6 x 9 kcal/g=675 kcals

For total kcals per day add 324, 2252, and 675 = 3251 kcals/day



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Coaching High School Wrestling: My Take

By William A. Welker, Ed.D.

Coach Dan Eckley is indeed a unique individual who has molded many wrestlers into champions, but more important, he molded them into productive adults grounded in Faith.

His book demonstrates to the reader how to develop a successful wrestling program steeped in Christian tenets. Coach Eckley explains:

“As I was adjusting my focus and realizing my passion for working with high school student athletes, I was also recognizing that God’s placement of me was not coincidental. I was in a unique position to not only coach and teach, but to nurture the searching hearts of teenagers.”

Throughout the pages of his book, Coach Eckley stresses the importance of developing a coaching philosophy. As he puts it:

“I cannot emphasize enough how imperative it is to develop a philosophy for coaching. It will guide you, it will correct you, it will be a measuring stick against which to assess your failures and successes, and ultimately, it will be the foundation on which you build your program.”

There are many aspects to Coach Eckley’s promotion of his wrestling programs that stress not only a winning attitude, but also positive human qualities that have followed his wrestlers the rest of their lives. Consider the following.

Coach Eckley believes in making his wrestlers feel special. His promotional strategies include exposing the student body to pre-meet “pep rallies,” posting newspaper write-ups and inspirational sayings, creating a “Mat Maid” support group, building a wrestling trophy case, hosting past wrestler reunions at dual meets, seeing to it that the junior varsity wrestlers feel that they, too, are an integral part of the wrestling program, etc.

In the practice room, Coach Eckley shares with the reader his straight forward philosophy based on the “basics or essentials” that lead to success on the mats. He stresses the importance of scoring takedowns, working for falls, leg rides and counters, and the immense significance of “drill work” during daily workouts.

Conditioning and strength training are top priorities during Coach Eckley’s practices. He stresses the when two wrestlers are equal in skill development and conditioning, strength is often the deciding factor to winning a match.

Coach Eckley believes that “compassion and humor” should be a part of a comprehensive wrestling program. This involves knowing when your wrestlers need a “pep talk” to lift their spirits. Fun practices with music are great for combating mid-season “team staleness.” He also suggests playing games such as Dodge Ball or Sumo Wrestling. Coach Eckley emulates Cael Sanderson’s belief that although wrestling is a sport that involves total dedication, it can be a fun experience as well

With three decades as a scholastic coach, Dan Eckley gives advice on the numerous responsibilities a dedicated wrestling coach must deal with for producing a successful program.

Before the season begins, a coach must concern himself with recruiting, fundraising, and developing a competitive schedule for both his varsity and junior varsity squads.

In-season is concerned with goal-setting practices, promoting healthy wrestler weight control, wrestle-offs, scouting and evaluating performance. Coach Eckley’s practice strategies for competition include the following:

- Be Ready – A match is six minutes. The wrestler must be prepared to go at until the final buzzer.
- Hustle Attitude – After going out-of-bounds, return quickly to the center of the mat. This strategy keeps the opponent psychologically off-balance.
- Edge of the Mat (Neutral Position) – With a wrestler’s back to the

edge of the mat, he has the whole mat to score a takedown. On the other hand, if your opponent’s back is facing the edge off the mat, you can attack, driving your opponent off the mat. With such aggressiveness, the referee may hit your opponent with a stalling call.

- Short Time – Those last fifteen seconds of a match are just as important as the first fifteen seconds of a match. Close matches are very often won in the final seconds of the bout.

- Choice – With Coach Eckley, the “Choice of Position” is determined by the scoring situation of the match.

During the off-season, the coach must promote and help wrestlers attend technique clinics and compete in summer tournaments. All these matters and so much more can be gleaned from Coach Eckley’s book

Coach Eckley also points out that the committed coach must possess “foresight”.

Thus, he should be very involved with promoting and overseeing the community’s youth wrestling program. He must see to it that proper techniques are being taught and that the youth coaches have a positive approach to youth sports, instilling “a good work ethic, humility, sportsmanship, team work, and loyalty”.

Coach Eckley also suggests that youth and junior high wrestlers be admitted to home duals meets for free and help at their high school’s tournaments. An important by-product of this approach is the fact that the youth and junior high wrestlers get to know and idolize the high school wrestlers. This is the cornerstone for developing a strong “Wrestling Tradition” at the scholastic level.

Coach Dan Eckley says of his book, Coaching High School Wrestling: My Take, “This book is part historical, part instructional, part inspirational . . . and, I hope, part entertaining.”

I strongly believe he has accomplished his mission for this book – and more. His coaching philosophy encompasses the total well-being of his wrestlers. Coach Eckley believes in grooming the physical, mental, emotional, and most importantly – spiritual character of those athletes under his tutelage.

It’s a must-read for coaches, parents, participants, and wrestling enthusiasts. You will be inspired.

Author’s Note: Coaching High School Wrestling: My Take can be purchased on www.Amazon.com



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NATION'S BEST 2023-2024 HIGH SCHOOL **ALL-CLASS RANKINGS**

By Dan Fickel

Editor's Note: Here are rankings of the Nation's Best 2023-24 High School Wrestlers as of 10-1-23. These rankings represent wrestlers regardless of year in school. Eight factors, which considered the overall accomplishments of the wrestlers, were used in determining these rankings. They include: (1) Accomplishments at the State High School Championships (folkstyle); (2) USA Wrestling National Junior Freestyle and Greco-Roman Championships; (3) UWW Cadet and 16U National Championships; (4) U17 Freestyle World Team Trials; (5) FloWrestling Who's #1; (6) Achievements at prestigious high school tournaments and club/dual events; (7) 2022 Super 32 Challenge Tournament; (8) NHSCA High School Nationals. Weights are projected and subject to change. For any corrections, E-Mail: dfickel@netlink.net

106 lbs. TOP RANKED

Ignacio Villasenor, 9 Pomona, Colorado

2. Grey Burnett, 9, (Perrysburg, OH)
3. Haakon Peterson, 10, (Dodgeville, WI)
4. Joe Bachmann, 9, (Faith Christian, PA)
5. Tyler Harper, 12, (Norwalk, IA)
6. Rocco Hayes, 11, (Sandburg, IL)
7. Nathan Rioux, 10, (Avon, IN)
8. Ezekial Witt, 12, (Junction City, KS)
9. Bruno Cassioppi, 9, (Hononegah, IL).
10. Alex Pierce, 10, (Iowa City West, IA)
11. Wyatt Lees, 10, (Detroit Catholic Central, MI)
12. Brett Swenson, 11, (Mounds View, MN)
13. Mike Batista, 9, (Blair Academy, NJ)
14. Dillon Perdue, 12, (Independence, WV)
15. Shamus Regan, 9, (Wyoming Seminary, PA)
16. Zaiyahn Ornelas, 10, (Wilbur-Clatonia, NE)
17. Dominic Deputy, 10, (Chestnut Ridge, PA)
18. Johnathon McGinty, 10, (Montvale St. Joseph, NJ)
19. Henry Aslikyan, 10, (Birmingham, CA)
20. Caden Correll, 11, (Normal, IL)
21. Erik Egstad, 11, (Park Hill, MO)
22. Ethan Bast, 11, (West Bend East, WI)
23. Caleb Noble, 9, (Warren Township, IL)
24. Kiyann Simon, 11, (Huntsville, AL)
25. Gavin Landers, 9, (Denver, IA)
26. Kole Davidheiser, 10, (Faith Christian, PA)
27. Peter Rincan, 10, (Bedford, NH)
28. Brady Byrd, 12, (Washington, IN)
29. Cole Welte, 11, (Skutt Catholic, NE)
- 30T. Caden Smith, 12, (Robinson, VA)
- 30T. Saxton Scott, 11, (Bonneville, ID)
- 30T. Cooper Merli, 10, (Newburgh Free Academy, NY)
- 30T. Hayden Schwab, 9, (Don Bosco, IA)

Special Mention:

- Aidan Gruenfelder, 11, (Pecatonica-Argyle, WI)
Luke Green, 11, (Aurora, OH)
Kavin Muyleart, 9, (Cedar Cliff, PA)
Jarrett Smith, 10, (Lowell, MI)
Colby Martinelli, 11, (Pennridge, PA)
Eric Casula, 10, (Westmoore, OK)
Santino Sloboda, 10, (Butler, PA)
Mason Brayfield, 10, (Park Hill, MO)
Gabe Ballard, 9, (Northampton, PA)
Blake Woodward, 10, (Buchanan, CA)

- Anthony Mason, 10, (Southern Regional, NJ)
Joel Friederichs, 10, (Watertown-Mayer, MN)
Dominic Thomas, 10, (Orting, WA)
Samuel Aponte, 12, (Cape Fear, NC)
Rider Sequine, 11, (Post Falls, ID)
Curtis Carlisle, 12, (Rogers, WA)
Tim Mazur, 10, (St. Edward, OH)
Lee Camp, 12, (Cass, GA)
Brandon Bickerton, 9, (Medina Highland, OH)
William Jakeway, 11, (Hilton Head, SC)

113 lbs. TOP RANKED

Christian Castillo, 11 Valiant College Prep, Arizona

2. Paul Kenny, 9, (Christian Brothers, NJ)
3. Domenic Munaretto, 10, (St. Charles East, IL)
4. Chris Kiser, 12, (Ponca City, OK)
5. Aaron Seidel, 11, (Northern Lebanon, PA)
6. Davis Motyka, 12, (Wyoming Seminary, PA)
7. Jake Knight, 10, (Bettendorf, IA)
8. Landon Sidun, 9, (Norwin, PA)
9. Dru Ayala, 12, (Fort Dodge, IA)
10. Cadell Lee, 11, (Brooke Point, VA)
11. Ayden Smith, 12, (Notre Dame GP, PA)
12. Joseph Uhorchuk, 10, (Signal Mountain, TN)
13. Ethan Timar, 11, (St. Edward, OH)
14. Hudson Loges, 11, (Blair, NE)
15. Johnny Green, 11, (Aurora, OH)
16. Nicolas Garcia, 10, (Marmion Academy, IL)
17. Rocco Cassioppi, 9, (Hononegah, IL)
18. Aydan Thomas, 11, (Stillwater, OK)
19. Carter Pearson, 11, (Southeast Polk, IA)
20. Isaiah Harrison, 11, (Mountain View, CO)
21. Tyler Garvin, 12, (Rising Sun, MD)
22. Jvaan Yarbrough, 12, (Copley, OH)
23. Abdi Unle, 11, (Omaha Bryan, NE)
24. Lincoln Sledzianowski, 10, (Bishop McCort, PA)
25. Rocklin Zinkin, 10, (Buchanan, CA)
26. Sean Willcox, 10, (St. John Bosco, CA)
27. Abram Cline, 12, (Granite Hills, CA)
28. Will Detar, 10, (Trinity, PA)
29. Konner Larkin, 9, (Valiant College Prep, AZ)
- 30T. Raekwon Shabazz, 12, (Xavier, CT)
- 30T. Jace Hedeman, 11, (Union, IA)
- 30T. Nicholas Sorrow, 10, (Hudson, MI)
- 30T. Rylan Seacrist, 10, (Brecksville, OH)

Special Mention:

- Darren Florance, 12, (BG/A-H, NY)
Revin Dickman, 10, (Brownsburg, IN)
Titan Friederichs, 10, (Watertown-Mayer, MN)
Lawson Eller, 11, (New Prague, MN)
Jeremiah Wachsmith, 12, (Clackamas, OR)
Cadyn Coyle, 12, (Bennington, NE)
Trey Beissel, 10, (Hastings, MN)
Nicolas Enzminger, 10, (Bismarck Legacy, ND)
Jake Goodin, 11, (Edmond North, OK)
Tommy Aiello, 11, (John Glenn, NY)
Austin Grzywinski, 12, (Simley, MN)
Logan Brzozowski, 12, (Seton Hall Prep, NJ)
Liston Seibert, 10, (Massillon Perry, OH)
Mason Haines, 10, (Dundee, MI)
Ayden Dodd, 10, (Perrysburg, OH)
Braiden Weaver, 10, (Altoona, PA)
Bradley Wagner, 9, (Mifflinburg, PA)
Alex Rozas, 10, (Teurlings Catholic, LA)
Kiernan Meink, 10, (Millard South, NE)
Roman Luttrell, 10, (Cleveland, NM)

120 lbs. TOP RANKED

Anthony Knox, 11 St. John Vianney, New Jersey

2. Leo Deluca, 11, (Blair Academy, NJ)
3. Beric Jordan, 12, (Stillwater, OK)
4. Seth Mendoza, 11, (Mount Carmel, IL)
5. Nathan Desmond, 11, (Wyoming Seminary, PA)
6. Isaiah Cortez, 11, (Gilroy, CA)
7. Mack Mauger, 12, (Blackfoot, ID)
8. Jayden Raney, 10, (Union County, KY)
9. Isaiah Quintero, 12, (El Dorado, CA)
10. Ethan Rivera, 12, (Lake Highland Prep, FL)
11. Gauge Botero, 11, (Faith Christian, PA)
12. Jermaine Peace, 12, (Cane Bay, SC)
13. Louie Gill, 12, (Reynolds, PA)
14. Dan Jones, 12, (Delbarton, NJ)
15. Ronnie Ramirez, 11, (Walnut, CA)
16. Moses Mendoza, 10, (Gilroy, CA)
17. Keanu Dillard, 10, (Bethlehem Catholic, PA)
18. Michael Romero, 9, (St. John Bosco, CA)
19. Karson Brown, 10, (St. Edward, OH)
20. Cameron Stinson, 12, (Mallard Creek, NC)
21. Edwin Sierra, 11, (Poway, CA)
22. Hunter Taylor, 12, (Liberty, MO)
23. Adam Mattin, 11, (Delta, OH)

Outside Arm-Drag to Double-Leg Drive-Through

By Bill Welker

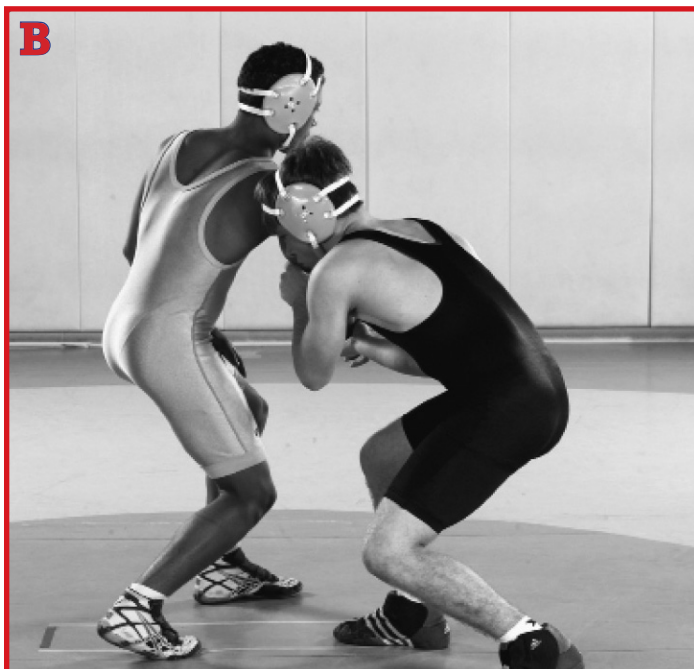
Setup

W2 makes contact by using a collar tie-up on W1's trail-leg side.



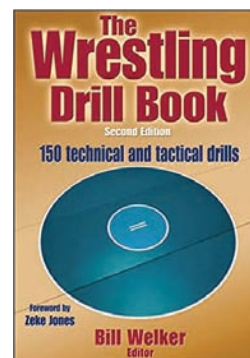
Action

W1 then controls the collar tie-up elbow, and his other hand grasps W2's far wrist (a). W1 then steps back, rolling W2's elbow and wrist off his head. At the same time, W1 drags W2's arm across and between both of their bodies toward W2's far knee (b). W1 shoots through W2 for the double-leg takedown (c and d).



Coaching Points

Always emphasize the importance of tight arm control for scoring an arm-drag to double-leg takedown. Also, stress the point of penetrating deeply on the double-leg.



Excerpts from
The Wrestling Drill Book, 2nd Edition
Outside Arm-Drag to Double-Leg Drive-Through
pp. 74-75



SPC BRIDGETTE DUTY
Freestyle Wrestling 62kg

Sport: Women's Wrestling
Event: Freestyle 62kg
Hometown: Needville, Texas
High School: Needville HS
College: University of the
Cumberlands
Joined Army: July 2021
MOS:31B, Military Police



SPC DALTON DUFFIELD
Greco-Roman Wrestling 55KG

Event: 55KG
Hometown: Moore, Oklahoma
High School: Westmoore High
College: University of Oklahoma
Joined Army: February 2020
MOS: 12N, Horizontal Construction
Engineer



SGT XAVIER JOHNSON
Greco-Roman
Wrestling 67kg

Sport: Wrestling Event:
Greco-Roman
Hometown: Orangeburg, SC High
School: Edisto High School College:
University of Maryland Global
Campus
Joined Army: March 2022
MOS:88M, Motor Transport
Operator



PFC ESTRELLA DORADO
Freestyle Wrestling 53kg

Sport: Wrestling
Event: Women's Freestyle - 53KG
Hometown: Denver, CO
High School: Springs Studio For
Academic Excellence
Joined Army: August 2020
MOS: 92F, Fuel Supply Specialist

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**IF YOU
ALWAYS GO
THE EXTRA
MILE,
YOU WILL
END UP
STANDING
ALONE.**

Mason Parris
2023 Wrestling World Championships Bronze Medalist



CLIFF KEEN