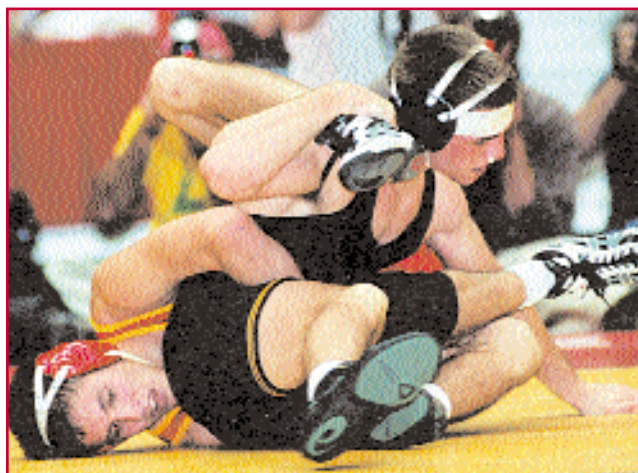




March 1, 2002  
VOL. XXXVII, NO. 8

## CONTENTS

- 3 GUEST EDITORIAL**  
By David Black
- 6 WEIGHT TRAINING**  
Caloric Contributions and Needs  
By Matt Brzycki
- 8 INTERNATIONAL WRESTLING INSTITUTE AND MUSEUM**  
Build It and They Will Come  
By Mike Chapman
- 12 ADVICE**  
Underwater Weighing: When should it be used in the wrestling community?  
By Alan C. Utter Ph.D., M.P.H., FACSM
- 14 ACTION-REACTION**  
Title IX--Myths vs. Reality  
By Dale Anderson
- 16 WRESTLER'S CORNER**  
Case Number 18340  
By Rankin Morgan
- 17 CHAMPIONS CORNER**  
Legendary Trip, Legendary People  
By Royce Alger
- 18 SPORTS MEDICINE**  
Creatine Safety: A Physician's Prospective  
By Dr. Lynn Myers, M.D.
- 20 COACHING GREATS**  
It's hard to imagine what Jare Klein has left undone  
By Randy Jorgensen
- 22 OFFICIAL'S CORNER**  
Improving the Tiebreaker for our Wrestlers  
By Dr. Bill Welker
- 24 BEHIND THE SCENES**  
2001 Greco-Roman World Championships  
By Steve Fraser
- 28 HIGH SCHOOL ACTION**  
Best 2002 High School Sophomores & Freshman
- 34** Best 2002 High School Juniors  
By Dan Fickel
- 42 TOURNAMENTS**  
Beast of the East  
By Skip Parker  
2001 Midlands Championships  
Reno Tournament of Championships, East Meets West  
By Al Fontes
- 54 NATIONAL WRESTLING COACHES ASSOC.**  
By Mike Moyer
- 56 DREAM TEAM CLASSIC**  
6th Annual Wrestling USA Magazine/  
Cliff Keen Dream Team Dual Classic



Iowa 21, Iowa State 16. 133 lb. Marc Juergens, Iowa, decided Zach Roberson, ISU, 4-1. Photo by John Johnson.



2001 US Open Nationals, Greco 127.7 lb. Finals. James Gruenwald, Sunkist, was decided by Dennis Hall, Sunkist, 5-0. Photo by Jack Stanbro.