

January 15, 2009  
VOL. XLIV, NO. 6

# Wrestling USA



THE NATIONAL VOICE OF HIGH SCHOOL WRESTLING

**3** **LETTER FROM THE EDITOR**  
By Cody Bryant, Managing Editor

---

**6** **COLLEGE ACTION**  
**2008-09 NCAA Division II College Preview**  
By Dan Fickel, National Editor

---

**22** **ADVICE FROM A CHAMPION**  
**Be Not Ashamed of Small Beginnings**  
By Ben Peterson

---

**26** **WHERE ARE THEY NOW?**  
**1932 OLYMPICS:**  
**Hollywood Blockbuster for U.S. Wrestling**  
By Mark Palmer

**29** **CONDITIONING FOR WRESTLERS**  
**How To Condition Wrestlers in 6 Minutes**  
By Steven Preston

---

**30** **DOCUMENTARY**  
**Veritas: A Wrestling Movie You Can't Miss!**

---

**34** **HIGH SCHOOL ACTION**  
**2009 Best High School All-Class Rankings**  
By Dan Fickel, National Editor

---

**42** **WOMEN IN WRESTLING**  
**2008-2009 USGWA Wrestling**  
By Kent Bailo



2008 Warrem Williamson / Daktronics Open - 125 lbs. Sid Bice (Augustana College) scoring near fall points on Doug Thompson (University of Sioux Falls). Bice major decided Thompson; 12-4. Photo by Mike Smith / MatShots.



2008 Monster Match Championships - 119 lbs. Jerry Huff (Colorado) lands a five point move against Trae Bennett (Utah). Huff won by a technical fall over Bennett; 16-1. Photo by Dean Vande Berg.