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**This week's new content:**



**Defense First, Circle the Trail Leg**

Gary Mayabb - Staley HS (MO)

Watch as Coach Mayabb explains and, with a wrestler, demonstrates this stance...

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**What a National Champion...**

Matt Grossman

Watch as Matt Grossman explains how he focused on the details which allowed...

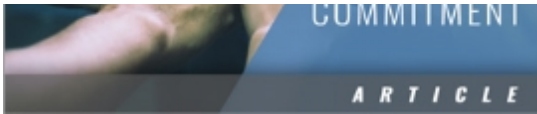
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**The Small Tweak That Doubled...**

Peter Jacobson

So, figured I'd share a bit of an embarrassing story from early in my coaching career.



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### Wrestling Community News...

- 'Wrestling to Save Lives' Fundraising Tournament Oct. 27
- NWCA All-Star Classic Comes to Denver
- Hancock Nominated as Finalist for U.S. Olympic Committee...
- Ursinus Mourns Loss of Coach Racich

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