

November 15, 2007
VOL. XLIII, NO. 4

Wrestling USA



THE NATIONAL VOICE OF HIGH SCHOOL WRESTLING

3 LETTER FROM THE EDITOR
By Cody Bryant, Managing Editor

6 HIGH SCHOOL ACTION
Best 2008 High School Freshman and Sophomores
By Dan Fickel, National Editor

18 ADVICE FROM A CHAMPION
The Day I Quit and Still Won
By Olympic Champion Ben Peterson

22 HIGH SCHOOL ACTION
Editors Choice Best in State
Delaware, Florida, Hawaii, Maine, Massachusetts, New England, Ohio Kentucky, and West Virginia

36 ANAEROBIC TRAINING FOR WRESTLERS
Improving Anaerobic Fitness
By Matt Brzycki

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

50 NUTRITION TIPS
Fruits and Vegetables are Essential for Sports Lifestyles
By James Johnson, RCN, CSN, CMA

53 7 BASIC SKILLS OF WRESTLING
Back Arch



2007 Minnesota AAA State Wrestling Championships Finals - 215 lbs. Pat Mahan (Owatonna) working to keep Tyler Hemmesch (Elk River) from coming to his base. Mahan decisioned Hemmesch; 5-4. Photo by Chris Falteisek.



2007 Central Regional Cadet Greco-Roman Championships - 112 lbs. Jacob Tonte (Indiana) with a head and arm on Nick Odom (Indiana). Tonte won by fall; 5-1, 2-4, 1:55. Photo by Charles T. Bennett.