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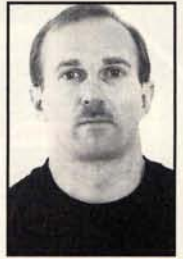
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Strength and Fitness on the Web

By Matt Brzycki

In October 1990, Tim Berners-Lee coined the term "World Wide Web." Born as we know it roughly one year later, the "web" offers coaches and athletes an incredible amount of information that is accurate and worthwhile. Equally incredible, however, is the amount of information that is inaccurate and worthless.

WEB SITE-INGS

Wrestling coaches and their athletes can obtain excellent information on virtually all aspects of strength and fitness from the following 12 web sites (presented in alphabetical order):

1. www.cyberpump.com

This award-winning site has been in existence since 1995, making it one of the oldest strength-training sites on the web. It is maintained by a former competitive powerlifter (who at one time was one of the top 50 deadlifters in the United States in the 198-pound class, doing a 600-pound deadlift in competition). The site is extremely popular among strength enthusiasts and has been mentioned in numer-

ous magazines - ranging from *U.S. News* and *World Reports* to *GQ* - and several books. Described as "the Home of HIT (High Intensity Training)," this site contains an unbelievable amount of information that has been contributed by an impressive array of strength-training authorities (such as Dr. Ken Leistner, Stuart McRobert and Dr. Richard Winett) and strength coaches (such as Ken Mannie of Michigan State). Besides providing advice on strength training and nutrition, the site contains five active Q&A sections (with an archive of nearly 10,000 previous questions and answers) as well as video and audio clips. Two specialty sub-sites are offered on it (TotalCoaching.com and GripPage.com) along with two discussion forums (the Garage Gym and GripBoard). Finally, the site announces upcoming strength-training seminars/clinics and book releases.

2. www.fitness.gov

From The President's Council on Physical Fitness and Sports, this site provides an abundance of basic but useful information on exercise, physical activity,

health and nutrition. The site offers research and resources for coaches and teachers. In particular, it is an excellent resource for wrestling coaches who may also be physical educators.

3. www.fitnessmanagement.com

This site is from Fitness Management magazine, a leading publication for fitness professionals. It contains hundreds of archived articles (from the magazine) on a wide variety of topics such as flexibility, strength training, motivation and nutrition.

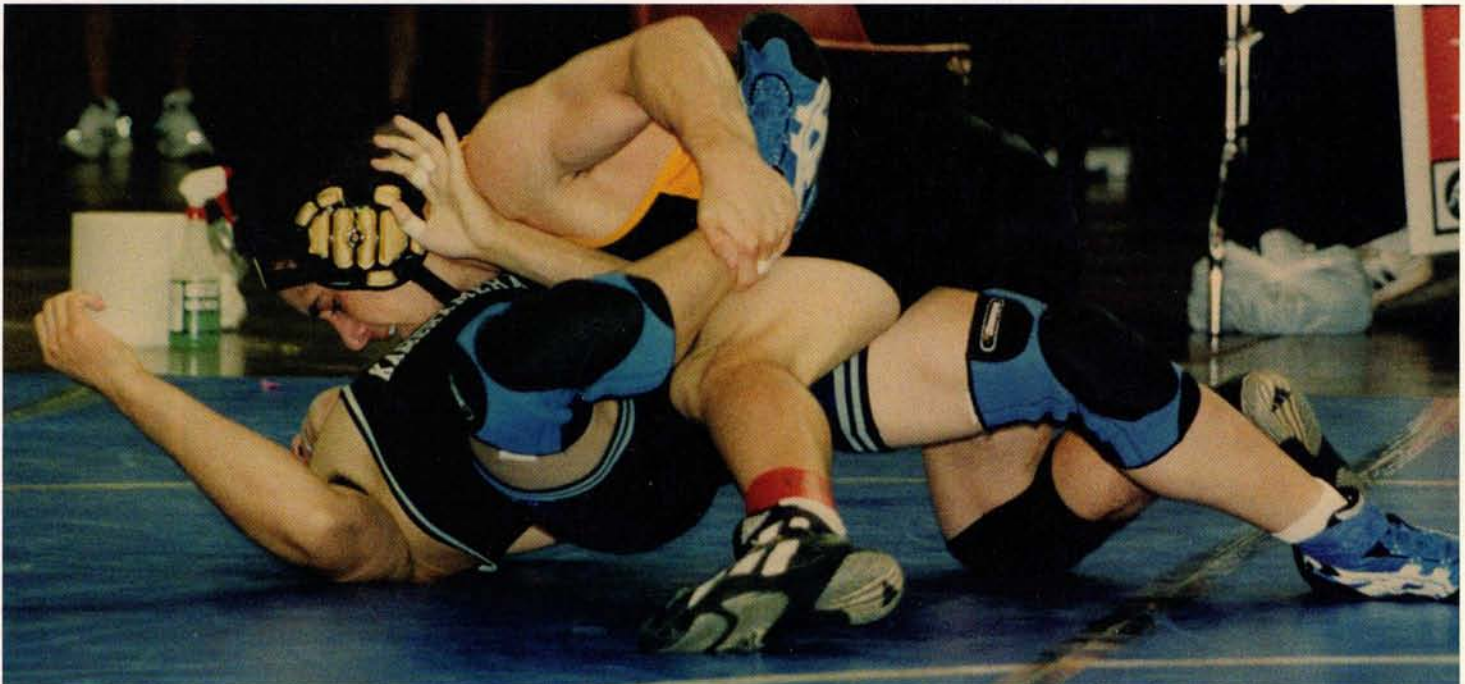
4. www.gssiweb.com

From the Gatorade Sports Science Institute, this site includes a sports science center that offers information which is scientific as well as practical. Topics of interest to coaches and wrestlers include those on hydration and supplements.

5. www.i-a-r-t.com

This site boasts articles on training, nutrition and sports. It is maintained by Brian Johnston, co-founder and president of the International Association of Resistance Trainers (an educational insti-

Hawaii High School State Championships. 140 lb. Jamie Keehu, Mililani High School senior, (2nd seed) comes from behind to defeat Christian Kikuchi, Kamehameha High School senior, (top seed), 12-3 for the state title.



tute offering certifications and resources in exercise and nutrition science). He is also a creative and thought-provoking author of books and articles on strength and fitness.

6. www.integrativehealthcare.com

Coaches and wrestlers will find some great information on a wide variety of topics on this site. It offers many articles (on such areas as athletes, ergogenics and the glycemic index) and several online tools, including a diet analysis which "let's you enter the foods you've eaten for one day and then reports a complete nutritional review of your diet based on the Recommended Dietary Allowances [RDAs] for your demographic." Specifically, the tool will analyze your intakes of calories (energy), protein, Vitamin A, Vitamin C, several B Vitamins (thiamin, riboflavin, niacin, B-6, folate and B-12) and minerals (calcium, phosphorus, magnesium, iron and zinc) as a percentage of the RDA. This is an extremely detailed analysis, by the way. For example, the category of "beverages" lists 181 different foods.

7. www.nat.uiuc.edu

This is an excellent educational site that is kept by the Department of Food Science and Human Nutrition at the University of Illinois at Urbana-Champaign. It has an "energy calculator" which you can use to determine how many calories that you expend during the course of the day. Additionally, the site contains several educational resources (such as information on sports nutrition and soy) and a calculator to estimate your percentage of body fat (although you will need access to skinfold calipers). There is also a nutritional analysis tool on this site.

8. www.naturalstrength.com

This site is maintained by Bob Whelan, a Strength Coach in the Washington, D. C. area. It contains a huge inventory of articles written by numerous collegiate strength coaches (such as Ken Mannie, Aaron Hillman and Fred Cantor), scholastic strength coaches (such as Marty Gasparro) and strength enthusiasts (such as Jan Dellinger, a former long-time employee of the legendary York Barbell Company). There are also many nutrition articles on the site, including at least three dozen by Nancy Clark, a nutritional authority and famous author. Finally, the site has a "store" where you can purchase audio and videotapes. (The videotapes are of presentations made by various speakers at annual conferences that have been hosted by Coach Whelan.)

9. www.quackwatch.com.

This site contains loads of information on "health fraud, quackery and intelligent decisions." It is operated by Stephen Barret, M.D., who is an author, editor and consumer advocate. According to the site, its purpose is to "combat health-related frauds, myths, fads and fallacies." Among other things, the site contains features and consumer strategies and discusses questionable advertisements. Specific topics of interest to coaches and wrestlers include information on calorie blockers, cellulite removers, dietary supplements, ergogenic aids, gamma hydroxybutyrate (GHB), dehydroepiandrosterone (DHEA) and "weight control gimmicks and frauds."

10. www-rohan.sdsu.edu/dept/coach-sci/index

This site is not for everyone but it is quite informative nonetheless, particularly for those who are interested in research. You can find literally hundreds of research abstracts on a wide range of topics, including principles of training, specificity of training, positive mental activity, measuring practice effort, strength training, goal-setting, fuel and ergogenic aids, the young athlete, psychological dynamics of performance, coaching factors and mental factors in sports.

11. www.strongerathlete.com

Since 1995, Coach Jeff Roudebush of Truman High School (Independence, Missouri) has been training his athletes with a program that incorporates safe, efficient methods. Frustrated by the widespread use of programs in the Kansas City area that use dangerous, inefficient methods, he and Coach Sam Knopik created this site to "get out the word." According to the site, its purpose is "to promote safe, productive, and efficient methods of strength training for high school and collegiate athletes while debunking the Olympic lifting establishment that has engulfed many of our high school and college athletic programs." In addition, their desire is "to create better athletes through controlled and intense strength training."

12. www.thedietchannel.com

This site provides an astounding 600 links to reliable diet information (on such topics as weight loss, fad diets, diet pills, sports nutrition and sports supplements). Using the tools on the site, you can analyze your diet and food intake; your caloric needs; your fat, protein and carbohydrate needs; the number of calories you "burn" during exercise; your body-mass index (BMI); and the fat or sodium content of your foods. The site also contains numerous articles, including ones on successful

weight-loss tips, nutritional energy drinks and nutrition quackery.

WEB OF KNOWLEDGE

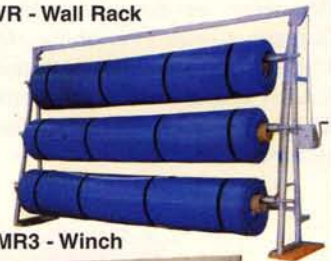
The amount of useful information that is available on the web is truly staggering. Applying the knowledge from the web can help you realize your potential as a wrestler. And just think: the information is only a few clicks away!

About the author:

Matt Brzycki has been involved in the strength and conditioning of collegiate wrestlers for more than 20 years. Since 1986, he has authored more than 60 articles for *Wrestling USA Magazine*. Reprints of 42 of these articles have been updated and adapted into book form (*Wrestling Strength: The Competitive Edge* and *Wrestling Strength: Prepare to Win*) and are available through Cardinal Publishers Group (317-879-0871). He is also the author of *A Practical Approach to Strength Training* and the editor of *Maximize Your Training*, a 455-page book that features chapters written by more than 30 strength and fitness professionals. 🐾

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