

# WRESTLING USA



November 15, 1997

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\$4.00



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SUBSCRIPTION EXPIRES  
MATT BRZYCKI  
EXERCISE PRESCRIPTION  
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LAWRENCEVILLE NJ 08648-1583  
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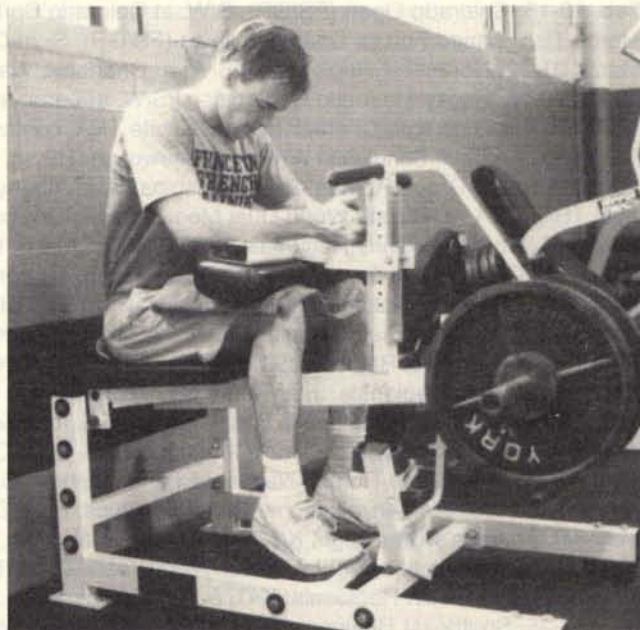
## EXERCISE PRESCRIPTION

By **Matt Brzycki**, Strength Coach  
Princeton University

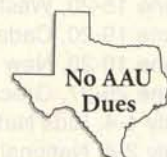
### Calf Raise

**Muscles used:** calves. **Equipment possibilities:** machines (selectorized and plate-loading), dumbbell. **Suggested reps:** 10-15. **Type of movement:** single joint.

- Raise up on your toes as high as possible during the mid-range of each repetition.
- Lower yourself all the way back to the starting position at the end of each rep to ensure a proper stretch.
- Keep your legs straight while performing this exercise.
- This movement may be done unilaterally if you have an ankle injury, a gross strength imbalance or desire a training variation.
- Traditionally, this exercise is done with a weight placed on the shoulders — either a barbell or a machine's movement arm. However, this should not be done because it involves spinal compression.
- Calf raises are not advised if you have shin splints. 🦿



# Your Best Holiday Wrestling Invitational 1997 THINK COTTON! Join us for the Dallas-Metroplex Amateur Cotton Bowl Wrestling Championship



COME ON DOWN!

**Date:** Saturday, December 27, 1997  
**Place:** South Grand Prairie "Warrior Coliseum,"  
Grand Prairie, Texas  
**Rules:** TAWA & Ntl Federation High School rules  
Hair code and fingernails will be enforced.  
**Entry:** Pre-Registration entries and monies by:  
12:00 Noon, Monday, December 22, 1997  
**NO EXCEPTIONS**  
\*\*Wrestlers may enter only **one** division;  
**except rookies.** No changes at weigh-in.  
**Make weight or do not wrestle.**  
**Fee:** \$15.00 per entry, payable to TAWA  
**Mail to:** TAWA—Cotton Bowl Classic  
2000 W. Marshall Dr.  
Grand Prairie, TX 75051  
972-647-4374 Ext. 7411/7428, Fax 972-337-7434  
**Format:** Double elimination  
All protests to be directed to tournament director.  
(If age is protested, birth certificate must be  
available or on file)

**Weigh Ins - Friday 12/26/97**  
South Grand Prairie High School (South gym)  
All Divisions Weigh In . . . . . 4:00pm - 7:00 pm

**Wrestling Schedule - Saturday 12/27/97**  
All Divisions . . . . . 9:00 am - finish

**Awards**  
Division 1-5. . . . . 1st Place - Watch, T-Shirt and  
Championship Medal  
2nd - 4th Place Trophies  
Rookie . . . . . 1st - 4th Place - Ribbons  
High School, Open Div. . . 1st - 4th Pl. - Special Medals  
Team Awards . . . . . 1st Place each Division

\*All champions (except high school) receive a Gold-Plated  
Cotton Bowl quartz watch. High School  
champion may purchase watch for \$12.00. High School finishers  
receive special medals.

**Barry Boustead, Tournament Director**  
**Larry Aust, Assistant Director, 800-527-3322**  
**or Roger Schlegel, 800-527-3322 Ext. 7428**  
This is a Non-Seeded Tournament (Separated Geographically)

This is a national tournament:  
**Absolutely No Late Entries or Phone Ins**  
will be accepted.  
Deadline Noon, December 22nd.

**Division 1: 6\* and under**  
38, 42, 46, 50, 56, 67, 80 max.  
**Division 2: 8\* and under**  
46, 50, 54, 58, 62, 67, 72, 85, 108 max.  
**Division 3: 10\* and under**  
54, 58, 62, 67, 72, 78, 85, 92, 108, 136 max.  
**Division 4: 12\* and under**  
67, 72, 78, 85, 92, 100, 108, 116, 130, 145,  
164, 185 max.  
**Division 5: 15\* and under**  
85, 92, 100, 108, 116, 125, 135, 145,  
160, 175, 200, 275 max.  
**High School**  
103, 112, 119, 125, 130, 135, 140, 145,  
152, 160, 171, 180, 189, 215, 275 max  
High school eligibility must be attested by coach  
or principal.

**Rookie**  
**Div. A (7 & under)**  
39, 44, 50, 56, 62, 78 max  
**Div. B. (10 & under)**  
58, 62, 67, 72, 85, 100, 116, 136 max  
**Div. C. (13 & under)**  
72, 78, 85, 92, 108, 116, 136, 167 max  
Rookies are 1st year wrestlers only with no  
wrestling tournaments prior to 4/1/96.