

# THE EDGE

The difference between winning and losing is frequently very small. A little extra on your part could mean the difference between a championship trophy and a runner-up medal. Below are a number of things that you can do to ensure that you're on the right side of that very thin line!

1. **WEIGHTLIFT** every other day. Use light weights, 8-14 reps and be sure of full range of motion. Do curls, reverse curls and bench presses. Do sit-ups and push-ups as well. Work to muscle failure and be sure to use negative force as well.
2. **WRESTLE** people who are tougher or heavier than you. If you do wrestle someone below your ability, use new and different moves, not your best.
3. **BE A PERFECTIONIST** of all moves, not just a few. The move you don't learn can mean the difference between victory and defeat.
4. **PRACTICE** will last about 2 hours, so give yourself and the team a full 2 hours - while at practice, think and concentrate only on becoming a better wrestler. Help your partner - don't be a dumb dummy. React properly and with the right amount of resistance.
5. **RUN** every day especially weekends. You can run before school, lunch periods, released time or perhaps even in gym class. Run at night if you have to, but RUN! Running will not only get you in excellent condition, but will keep your weight down. Below are **SOME** instances where running made the difference between winning and losing;

## The Home News

The Bear surprise occurred at 102 lbs. where fourth-seeded Trevor Lewis eliminated top-seeded Brian Bauer of Somerville, 6-0, in overtime. It was the second straight overtime win for the junior, who cited running as his secret to stamina. "I run five miles a day and I didn't feel tired at all. He looked really tired though," Lewis said.

## The Star-Ledger

In overtime, a takedown on the edge by Sliwinski late in the second period and an escape early in the third paved the way to decision.

"Ted runs cross country so his stamina was just a little better than mine," Osborne said. "If it was anyone else I think I'd have won. Teddy is probably in the best shape of anyone in the entire tournament. He was like a machine out there in overtime while I was sluggish and slow."

## Iowa State at Peak

The Iowa Stats wrestlers are in peak physical shape. "They run a couple of miles a day," said Nicholas.