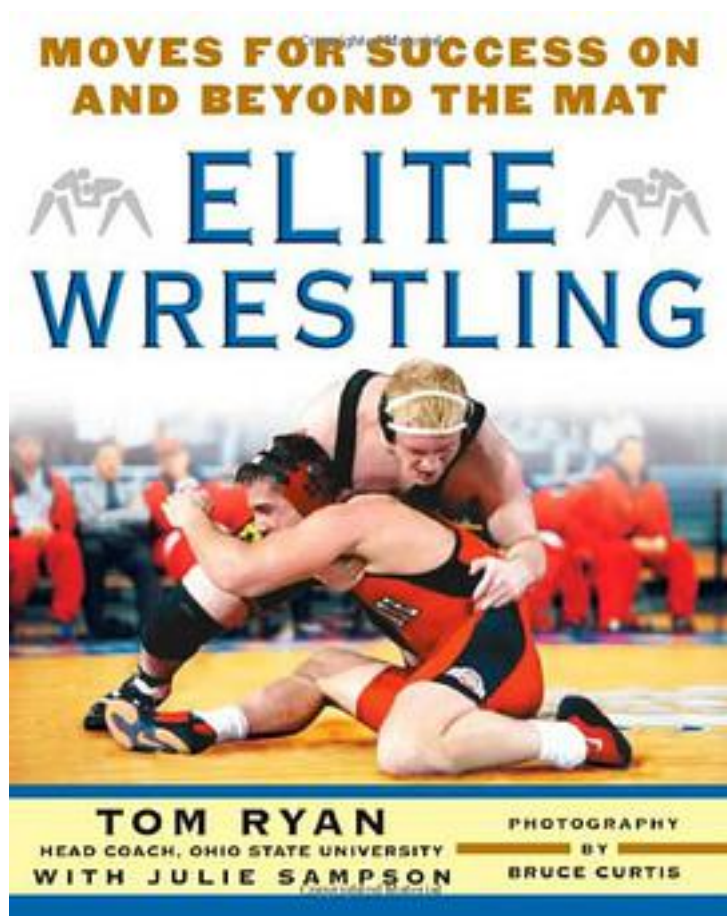


Elite Wrestling



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Improve your team's performance with advice from grappling's greatest Coach Tom Ryan gives you winning drills from his playbook to improve your team's speed, power, and coordination. Also included are essays by powerhouse coaches, champion wrestlers, and former competitors that will show you how to build a solid team and

motivate young athletes, teach the fundamentals, and use drills to improve speed, power, and coordination. Legendary coach and wrestler Dan Gable shows you how to gain toughness and strength from the rigors of wrestling; U.S. Secretary of Defense Donald Rumsfeld explains how he used the challenge and discipline of the sport to propel himself into positions of power; and Olympic gold medalist Ben Peterson gives you tips on how to surround yourself with supportive people. Contributors include: John Irving, American writer and former prep school coach Terry Brands, U.S. Olympic freestyle coach Steve Fraser, U.S. Olympic Greco-Roman coach Dennis Hastert, U.S. Speaker of the House Stephen Neal, New England Patriots player Tricia Saunders, world champion wrestler

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