





WARNING FOR PREP WRESTLERS

CHICAGO (AP) — High school wrestlers who engage in the practice of drastic and extreme weight cutting might be affecting their health, says a committee of the American Medical Association.

The AMA's Committee on the Medical Aspects of Sports, in a statement on wrestling and weight cutting, reports there have been cases where young wrestlers attempt to lose weight by unsafe amount of weight to qualify for a lower weight division.

They mistakenly believe they will have a better chance of winning matches if they lose weight in the lower weight class.

This isn't necessarily so, the AMA statement says. Excessive weight loss hampers performance and is especially apparent when the wrestler needs lasting power — in prolonged action, such as tournaments.

More important, the young man's health can be affected if he had an unexpected health problem of the weight reduction was extreme.

New, heavy competition of soft, stress breaks down the system. Now, skill will be worked for the 1967 Oakland 8's.

Prayer for God Today

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