

# NU freshman provides consistency

*Vering battles through injury, gains experience*

By SARAH DOSE  
Staff Reporter

Brad Vering, a redshirt freshman, doesn't lack experience.

With a 17-6 record this season, Vering currently ranks 10th nationally in the 177-pound weight class — the highest ranking ever given to a Cornhusker freshman.

Vering and the rest of the ninth-ranked Husker wrestling team will be in action Saturday and Sunday in Iowa City, Iowa, for the Cliff Keen NWCA National Duals.

This weekend Nebraska expects to wrestle with a healthy lineup, and Vering's experience will no doubt help the Huskers.

"His family has taken him all over the country to wrestle," Nebraska Coach Tim Neumann said. "He has experience, not just talent."

Vering graduated from Howells High School, where he was a three-time state champion at 171 pounds. He won junior national Greco-Roman titles in 1995 and 1996 and he was an eight-time junior regional champion.

Early last season, Vering was forced to redshirt after breaking his ankle. He returned to finish 11-0 in open tournaments.

"I'd never really been injured, so it cut me off for a while," Vering said. "It was a little depressing, but it was something I had to overcome, and I think it will all work out in the long run."

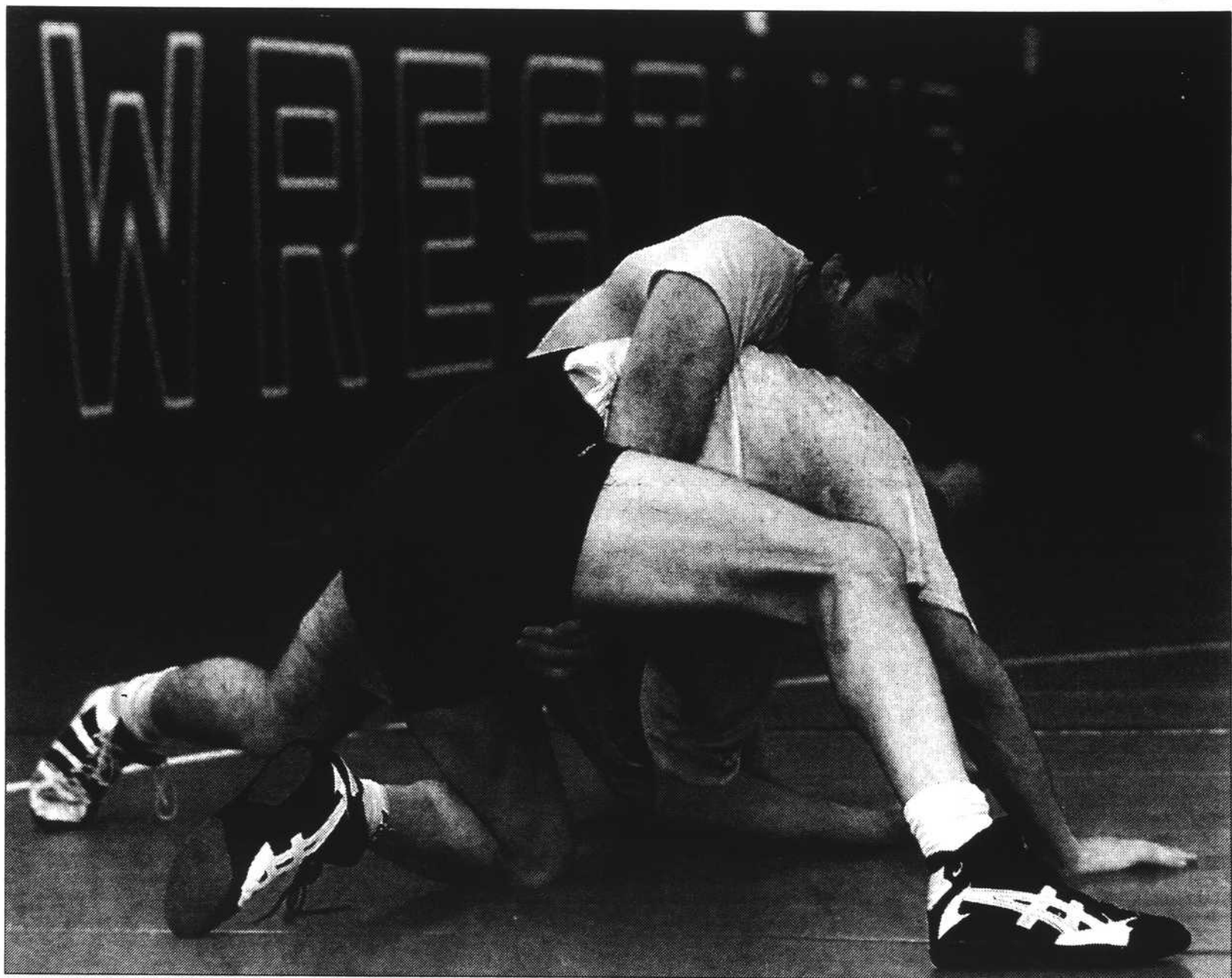
Neumann said Vering does whatever he is asked to do in order to become a better wrestler, which is unusual for a 19-year-old.

"He comes in with the attitude that he's going to get better each day he comes to practice," Neumann said. "He's doing the things he needs to do to be as good as he wants to be."

Not only does Vering work hard for himself, but he is willing to help the rest of the team as well.

"If someone needs help along the way, I'll help out," Vering said. "I'll do everything 100 percent every second."

Vering's success on the mats is a result, in part, of his mental drive, Neumann said.



BRAD VERING takes down assistant coach Matt Lindland in practice Wednesday at the Bob Devaney Sports Center. Vering, a redshirt freshman from Howells, helps lead Nebraska into the Cliff Keen NWCA National Duals Friday and Saturday in Iowa City, Iowa. The Huskers lost to Minnesota in a dual last week but return to near full strength this weekend after a series of injuries hampered NU against the Gophers.

"He wants to be an Olympic champion," Neumann said. "He will have to change for that not to happen. He would actually have to be unmotivated."

But motivation is what keeps Vering going. Vering said he could never skip any small steps on the road to success, and he isn't about to take short cuts.

"He's just such a hard worker," Neumann said. "He's the kind of kid your dad wants you to be."

Eleven of the nation's top 14 teams will compete in the 16-team field this

weekend — including No. 2 Minnesota, which beat Nebraska last Friday, 43-3.

"We didn't have a full lineup," said Neumann. "But this weekend will be better and we'll be ready."

Ryan Tobin at 190 pounds, Temoer Terry at 158 pounds, Jeramie Welder at 126 pounds, Paul Gomez at 118 pounds and 167-pounder Monte Christensen did not wrestle in Minnesota. Terry, Welder and Gomez were injured, and Tobin sat out in order to avoid cutting to 190 pounds for five straight weeks.

## NCAA cracks down on weight shedding

OVERLAND PARK, Kan. (AP) — The deaths of three wrestlers trying to keep their weight down prompted the NCAA to impose immediate restrictions on shedding pounds.

Under the new rules announced this week, wrestlers may not use saunas for water loss, and rubber suits and diuretics cannot be used for any reason.

NCAA rules already prohibit laxatives, fluid restriction, self-induced vomiting, hot rooms, hot boxes and steam rooms for dehydration. The NCAA defined a hot room as a room with a temperature above 79 degrees.

For the rest of this season only, a seven-pound weight allowance was added to all weight classes, which already have a one-pound allowance.

For example, for the 118-pound class, wrestlers may weigh as much as 126 pounds.

But as of Feb. 1, when the one-pound allowance ends, seven pounds will be added to each weight class, making 125 pounds the upper limit of the 118-pound class.

The rule is effective only for the rest of this season and is expected to be reviewed when NCAA rules officials meet in April.

Wrestlers may compete only in weight classes in which they competed on or before Jan. 7 of this season.

In addition, all weigh-ins will be held no more than two hours before a match, cutting down the time athletes have to lose weight, officials said.

"With less recovery time after weigh-in, a person who is using his head knows if he has to cut too much

weight, he's not going to perform on the mat," said Marty Benson, playing rules liaison to the NCAA Wrestling Rules Committee.

Dan Gable, who took this year off as coach at Iowa after leading the Hawkeyes to 15 national titles in 21 years, said the changes were overdue, but praised them anyway.

"It's been a long month trying to get some of these changes," Gable said. "I didn't realize how much protocol you had to go through to get what we thought were emergency changes."

"It's better late than never. It will help the individual and the sport."

The NCAA asked schools to conduct individual investigations and report their findings to Gable, who then reported to the NCAA wrestling committee.

The deaths, beginning Nov. 9, alarmed coaches and prompted calls for the NCAA to review its rules.

The most recent to die was 21-year-old University of Michigan wrestler Jeff Reese.

He died in December of kidney failure and a heart malfunction while wearing a rubber suit and riding a stationary bike to lose weight.

Eighteen days earlier, University of Wisconsin-La Crosse wrestler Joseph LaRosa, 22, also was wearing a rubber suit and riding an exercise bike when he died trying to shed four pounds.

On Nov. 9, 19-year-old Billy Saylor at North Carolina's Campbell University died trying to drop six pounds for a match.

Michigan temporarily suspended its program in December, and determined its own restrictions.

## BOWLERS! JOIN THE FUN JOIN A LEAGUE



LEAGUE	STARTING DATE & TIME	#PLAYERS PER TEAM
Husker Doubles	Monday, Jan. 26, 8:00 p.m.	2
UNL Secretaries	Tuesday, Jan. 27, 5:30 p.m.	4
Big 12 Doubles	Tuesday, Jan. 20, 7:00 p.m.	2
Faculty / Staff	Wednesday, Jan. 14, 5:30 p.m.	4
Nite Owls	Wednesday, Jan. 28, 8:00 p.m.	4
Pin Pounders	Thursday, Jan. 29, 6:00 p.m.	4
Thursday Trios	Thursday, Jan. 22, 8:00 p.m.	3

All leagues bowl 3 games per night, except Tuesday UNL Secretaries, which bowls 2 games per night. Cost is \$5 per person per night. (UNL Secretaries pay \$3.75 per player per night) Teams and/or individuals must preregister at the East Union Lanes N Games (or call 472-1751). UNL Students, Faculty, Staff, and friends are eligible.

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For More Information, Contact:

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