

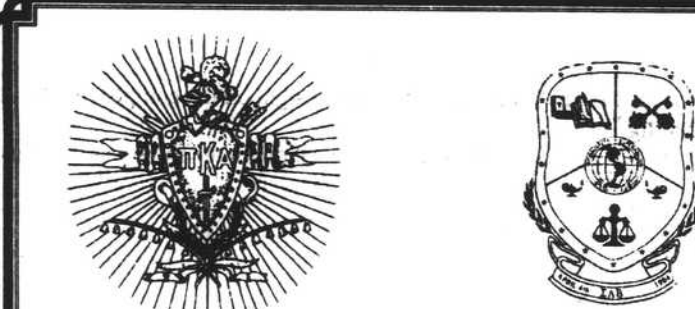


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As individual, Terry provides team power
TERRY from page 6

"But it's hard to see that part of him from the outside. He has a meanness to him. But that translates into his willingness to beat people."
That ability to beat people will help Terry in the March NCAA Championships, Neumann said.
In preparing for the tournament, Terry said, he hopes he doesn't have a repeat of last year.
Terry went into last year's tournament as the No. 2 seed with a 20-2 record on the season. Halfway through the semifinal match, Terry hurt his shoulder, but managed to take third place in the tournament.
"It happened at a really bad time in the season," Terry said. "I was disappointed but there was nothing I could do about it. I still have to sit out a lot. I wrestle when it feels good, and I'm still working with it."
Terry has only wrestled in three tournaments this season. But Neumann said Terry's injury has affected his attitude toward the season.
"I think if he's honest with himself, this is the first time he's felt vulnerable," Neumann said.
Terry's perfect record has yet to put him back in the No. 1 spot, where he started out the season.
"He's been discounted," Neumann said. "The wrestling media dropped him from one to four just because he was hurt and he had only wrestled in two tournaments since last year."
But Terry doesn't act concerned.
"To be honest with you, I don't want to prove anything to anybody," Terry said. "I just want to get through the rest of the season without getting injured."

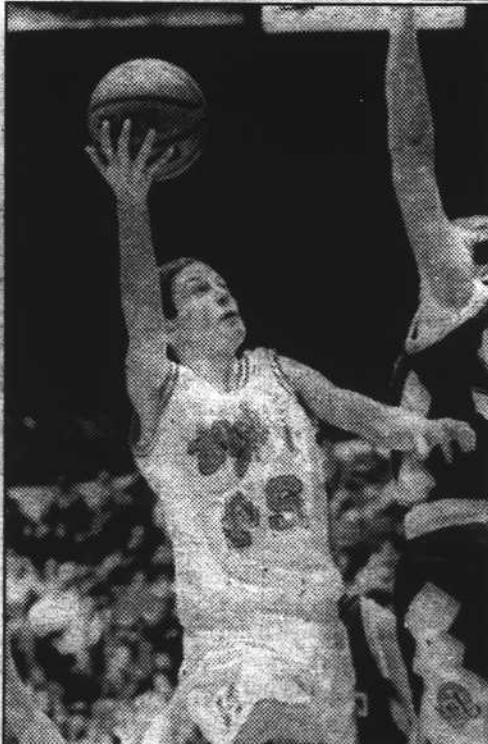
Husker wrestlers adapt to changes
NCAA from page 6

they have an extra 7-pound cushion. So instead of an 118-pounder coming in at 130 pounds, he would come back to school in the fall at 137 pounds without the use of rubber suits and saunas to cut water.
"It's going to be harder," Neumann said. "It's going to be harder because they don't get to use the plastics to cut the water. They are going to have to stay a lot more disciplined during the offseason. They are not going to be able to move up like they do."
The NCAA also set a two-hour time limit on weigh-ins earlier this month, stopping a wrestler from putting on weight after weighing in. In previous years, weigh-ins were held the night before a meet, allowing wrestlers time to regain the water they had lost to make the weight limit.
The final rule the NCAA implemented earlier this month was that wrestlers can only compete in weight classes in which they competed in on or before Jan. 7.
The new rules were implemented because of the deaths of three collegiate wrestlers in November and December last year.
"You can look at it like that was the cause, but let's just do something to make sure that we do something to protect our athletes," Oklahoma State Coach John Smith said. "All these new rules are going to do is force you to educate your athletes. Athletes will also have to educate themselves."
"Seven pounds, I thought that was a lot, but it made sense to me. Anything less and the change is not good. The change is just good now."
Neumann agreed that education of athletes was the best way to eliminate weight-loss problems that have happened to other athletes.
"Definitely the rule changes was a knee-jerk reaction," Neumann said. "But the NCAA knew it needed to do something to make it more healthy for athletes."
On Nov. 9, Billy Saylor of Campbell (N.C.) University died when trying to drop 6 pounds for a match. Then Wisconsin-La Crosse wrestler Joseph LaRosa died while wearing a rubber suit and riding an exercise bike, trying to shed 4 pounds.

In December, Michigan wrestler Jeff Reese died of kidney failure and heart malfunction while wearing a rubber suit and riding a stationary bike to lose weight.
Neumann said it was the Michigan death, which occurred at a big-name school in a big-name conference, that prompted the NCAA to make the changes.
"The Michigan guy didn't do anything that my guys haven't done," Neumann said.
However, the education for wrestlers have already begun, said NU senior Ryan Tobin.
The Huskers experienced the new rules for the first time when they competed at the National Duals in Iowa City, Iowa on Jan. 17 and 18.
"We didn't wrestle as good as we could, so we're still figuring out what's the best way to do it," Tobin said. "Some of the guys are still getting a feel for it. I'm still trying different things every week."
"But as far as the weight goes, the 7 pounds coming in the middle of the season, you don't see near the weight cutting you did before."
Tobin said he has tried different training techniques, including training at different weights and studying his eating habits.
"It all affects you on how you can compete," Tobin said. "I'm still trying to figure out my optimum weight that I can compete the best that I can at the two-hour weigh-in."
One of the changes the Huskers have implemented is moving their pre-match warm-up back an hour to help the wrestlers meet their weight requirements, Neumann said.
But Smith said there needs to be another rule added.
Smith said all wrestlers wrestling at the NCAA Championships in Cleveland on March 19 through 21 should be required to weigh in all three days.
That rule would prevent wrestlers from meeting weigh-in requirements and then putting the weight back on as they compete throughout the tournament.
"So far our techniques are working," Neumann said, "but we are doing it different than other schools. The guys like it, and they say they're OK."

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