Works Cited

Azevedo, John. Telephone Interview. 25 May 2010.

Boring, Warren J. Science and Skills of Wrestling. St. Louis: The C.V. Mosby Co., 1975.

Camaione, David N., and Kenneth G. Tillman. Wrestling Methods. New York: The Ronald

Press Company, 1968.

Carson, Ray F.. The Encyclopedia of Championship Wrestling Drills. New Jersey: A.S. Barnes

and Co., 1974.

Carson, Ray F., and Buel R. Patterson. Principles of Championship Wrestling. New Jersey:

A.S. Barnes and Company, 1972.

Christ Notes. 2010. Matthew Henry Commentary. 12 May 2010 < http://www. christnotes.

org/commentary.php?com=mhc&b=58&c=2>

Deci, Edward L. Intrinsic Motivation. New York: Plenum Press, 1975.

Flowrestling. 2006-2010. Interview: John Smith After Practice. 5 May 2010. <http://www.

flowrestling.org/videos/speaker/151-john-smith/5556-john-smith-after-practice.>

Frontiera, Joe, and Dan Leidl. "Achieving the Impossible: Motivation Tips for Trainers." *T +*

*D*, 64.1 (2010): 72.

Gable, Dan. Coaching Wrestling Successfully. Iowa: Human Kinetics, 1999. Print.

Hunt, M. Briggs. Greco-Roman Wrestling. New York: The Ronald Press Co., 1964.

Johnson, Dennis A. Wrestling Drill Book. Illinois: Leisure Press, 1991.

Kapral, Lt. Frank S.. Coach's Illustrated Guide to Championship Wrestling. New Jersey:

Prentice Hall, 1964.

Kraft, Ken. Mastering Wrestling. Chicago: Contemporary Books, Inc., 1977.

Mageau, Genevieve, and Robert Vallerand. "The Coach-athlete Relationship: A Motivational

Model." *Journal of Sports Sciences*, 21.11 (2003): 883.

Martens, Rainer. Successful Coaching 3rd Edition. Illinois: Human Kinetics, 2004.

Martens, Rainer, Robert W. Christina, and John S. Harvey. Coaching Young Athletes.

Champaign: Human Kinetics, 1981.

Maurras, Bret. Bulimic Behaviors Among Wrestlers. 1-6.

NCWA: National Collegiate Wrestling Association. 1997-2010. http://www.ncwa.net>.

NIAA: Nevada Interscholastic Activities Association. Wrestling Handbook. Rev. May 11,

2009. 15 May, 2010. <http://niaa.com/sports/wrest/2009-10/files/2010-20NIAA-

20WRESTLING-20POLICY-20MANUAL-20(May-2011).pdf>.

Niebel, Benjamin W., and Douglas A. Niebel. Modern Wresting: A Primer for Wrestlers,

Parents, and Fans. Pennsylvania: The Pennsylvania State University Press, 1982.

Oppliger, R.A, and C Bartok. "Hydration Testing of Athletes." *Sports Medicine*, 32.15 (2002):

959-971.

Oppliger, Robert, Suzanne Nelson Steen, and James Scott. "Weight Loss Practices of College

Wrestlers." *International Journal of Sport Nutrition & Exercise Metabolism*, 13.1

(2003): 29-46.

Oppliger, Robert A. Ph.D., FACSM, (Chair); Case, H. Samuel Ph.D., FACSM; Horswill, Craig A.

Ph.D.; Landry, Gregory L. M.D.; Shelter, Ann C. M.A., R.D. “ACSM Position Stand:

Weight Loss in Wrestlers.” *Medicine and Science in Sport Exercise*, 28.10 (1996):

135-138.

Rasch, Philip J.. What Research Tells the Coach About Wrestling. Washington D.C.: American

Association For Health, Physical Education, and Recreation., 1964.

Ryan, Richard M, and Edward L. Deci. “Intrinsic and Extrinsic Motivations: Classic

Definitions and New Directions.” Contemporary Educational Psychology 25

(2000): 54-67. Online.

Salacuse, Jeswald W.. The Wise Advisor: What Every Professional Should Know About

Consulting And Counseling. Westport: Greenwood Publishing, 2000.

Shriver, L. , Betts, N. , & Payton, M. (2009). Changes in body weight, body composition, and

eating attitudes in high school wrestlers. *International Journal of Sport Nutrition &*

*Exercise Metabolism*, *19*(4), 424-432.

Spackman, Robert R.. Conditioning for Wrestling. Springfield: Charles C Thomas, 1970.

Tenenbaum, Gershon, and Robert Charles Eklund. Handbook of Sport Psychology Third

Edition. New Jersey: John Wiley & Sons Inc, 2007. Print.

Vallerand, Robert J. “Intrinsic and Extrinsic Motivation in Sport.” Encyclopedia of Applied

Psychology 2 (2004): 427-435. Online.

Viscardi, Mike. Weight Issues In Wrestling. 1-5.

Warren, William E. Coaching and Motivation. New Jersey: Prentice Hall, 1983.

Warren, William E. Coaching and Winning. New York: Parker Publishing, 1988.

Welker, Bill. The Wrestling Drill Book: 100 Technical and Tactical Drills. Champaign:

Human Kinetics, 2005.

Wrestling USA Magazine. Ed. Lanny Bryant. 23 May, 2010. <http://www.wrestlingusa.com/

>.