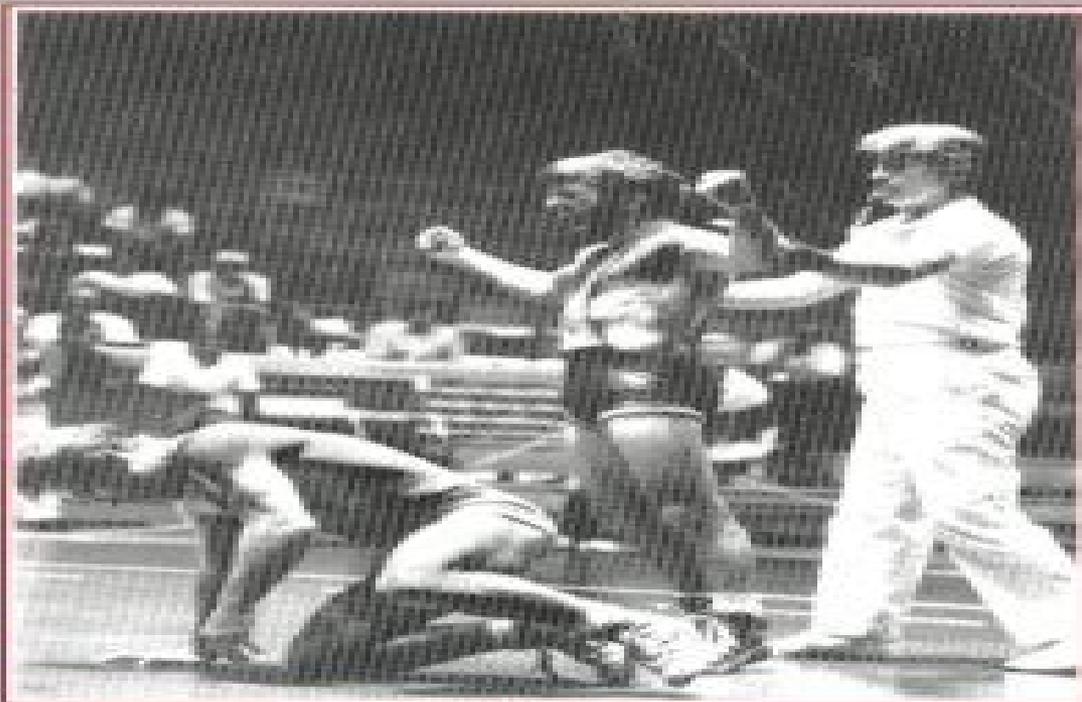


# WRESTLING

A COMMITMENT  
TO EXCELLENCE

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by **KEN CHERTOW**

*Assistant Wrestling Coach, Penn State University  
US Olympian and 3X NCAA All American*

# Wrestling A Commitment To Excellence

**EW Minium**



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