

## Fall Training & USA Nationals

Be sure you work daily during the preseason! Make sure you eat healthy all summer and if not, lose those calories in October and November by eating nutritional low-calorie foods and getting plenty of exercise. I recommend cross-training, combining distance running, interval running and various cardio-vascular machines. Of course, drill and wrestle regularly as well. If you're an overweight coach or fan reading this article, I recommend the same formula for weight loss (exercise daily and eat healthy), minus the mat time.

When I made the Olympic Team in 1988 I was 21 years old. I was hungry to compete. Lack of experience never crossed my mind except when a reporter would ask about it. Most of my opponents had not seen me compete, but I had studied videotape of all my potential elite opponents. I was more prepared than my adversaries, and my video study paid off in two of my big matches.

Competing in the U.S. in front of the home crowd should be a big advantage. I attended the World Championships in 1993 and 1995 when they were in Toronto and Atlanta, and I know the fans helped bring the best out of our athletes. Great competitors rise to the occasion when it counts.

Speaking of having a peak performance when it counts, congratulations to my many Gold Medal Training Camp students who earned All-American honors at the 2004 Cadet and Junior Nationals in Fargo! Cadet and Junior Nationals are the biggest, most prestigious youth wrestling events in the world. USA Wrestling has done a tremendous job organizing and promoting this event and the competition is intense and exciting!

If all the All-Americans listed below continue to work hard, they will become excellent college wrestlers. These dedicated kids have attended my camps multiple times, and I can attest to their work ethic. I encourage college coaches to take the time to get to know these serious competitors on the recruiting trails. With continued development, perhaps a couple of them will represent the United States in the 2008 and 2012 Olympics.

**U.S.A. Wrestling National Champions** - *Anthony Easter (WV), Dustin Schlatter (OH), Mike Bizzle (OK), Cesar Grajales (FL), Bryan Nunziato (NJ), Ryan Davis (MD), Matt Feast & Ron Tarquinio (PA).*

**U.S.A. Wrestling All-Americans** - *Brad Pataky, Nathan Galloway, Jeremy Hart, Matt Kocher, Phil Bomberger, John Laboranti, Jeff Schell, Sam Julian, Drew Headlee, Mark McKnight, Mark Throckmorton, Chris Renninger, Joshua Weitzel, Ian McGoldrick, Jake Herbert (PA), Rocky Cozart (FL), Aaron Jones (MT), Patrick Bond (VA).*

*Blake Maurer, Matt Coughlin (IN), C.P. Schlatter, Steve Luke, Matt McIntire (OH), Roger Kish, Chase & Brent Metcalf (MI).*

I am particularly proud of 11 of the boys above who I have trained regularly at my wrestling schools in Pennsylvania, Ohio and West Virginia. The first seven All-Americans listed above - *Brad Pataky, Nathan Galloway, Jeremy Hart, Jeff Schell, Matt Kocher, Phil Bomberger, and John Laboranti* - attend my local wrestling school here in State College. *C.P. Schlatter, Dustin Schlatter, and Matt McIntire* were in my wrestling school when I coached at Ohio State. I trained *Anthony Easter* year-round for 4 years when I lived in West Virginia, and he now spends all summer at my Super Gold Medal Training Camp. Anthony is the first W.V. wrestler to ever win Cadet Nationals.

U.S.A. Nationals in Fargo is actually four tournaments in one. There is Cadet and Junior age group competition in both freestyle and Greco-Roman. When you win any USA National Event, you get a nice octagon-shaped plaque. For me personally, winning "double" titles at Junior Nationals is one of the best memories of my teenage wrestling career. I still proudly display the plaques at our camp memorabilia table. Those plaques get as much attention from the kids as the Olympic Jacket and Olympic Torch. Special Congratulations to *Matt Feast* and *Dustin Schlatter* who won "double" championships in Fargo!