

*Opening Statement:*

I can just say it's tough, it's very disappointing. Having the lack of result you want but the one thing in this short time that I've dealt with is the fact that in the next phase in life I will have no regret in my training or preparation. I think one of the hardest things is that fact that Terry Brands is in my corner and I'm not producing the result that a coach like that is deserving of as far as being his athlete. It's frustrating for me. I was five years old when I started the sport of wrestling and this has been my entire life. That's the reason I'm in Iowa from Montana. The reason you guys are sitting here looking at me right now is because of wrestling. The family, the people that are closest to me, if I needed support, it's all through wrestling that I have these close ties. There is a lot of positives I can take from it.

*What's next for you?*

What's next is the work that has to be done at the program, the coaching side of life. I never said I was going to plan it. I never took a year off, I just continued on because I thought it was best. And then the wall hits you in the face and you have to make adjustments and move forward. I might be jumping out of an airplane next week, who knows?

*Are you done competing?*

I won't say that but more than likely. I'm not going to sit and make a big retirement party or anything like that but there are a lot of things I was able to do years back that I am not able to do now. Right now I believe I am capable still but there is a lot of fighting and tug-of-war with my body. It has to be a pretty damn good day to get it all put together and it's just not happening.

*Is it different wrestling in your 30's than in your 20's?*

The recovery side of it is. I felt like back then I could run through walls and get beat on and beat on people and have that fight and come back and do it the next day again and again throughout the whole week. Right now it's not like that. I broke my rib earlier in December this year and at 33 years old your rib breaks a lot easier than it does at 24.

*On ending his wrestling in Carver-Hawkeye Arena:*

I wrestled in small gymnasiums in high school, I've been to Iran where it's considered the best, you name it, what country haven't I been to and competed? When I first got here I got the goose bumps on my neck when I was a freshman in college and it didn't change walking out there today. We've said it before that Carver Hawkeye Arena and the people of Iowa and this community are second to none. It's an unbelievable event and venue that was directed right at wrestling. It was an awesome showing from the fans and the support I can't thank people enough.

*Is this a bittersweet moment for you?*

My whole life has been for this movement right now. I had it four years ago and four years before that when I was an alternate and when you don't reach something it's tough. It's like saying you want a

chainsaw but you don't have the \$500 to buy the chainsaw so you save up every single penny for 28 years and you still don't get that damn chainsaw that you lived every single day to achieve. It's tough to deal with for me.

*Will this experience make you a better coach?*

I think the focus and the heart and the drive that it takes to stay on the course of this sport. Like I said earlier, I have no regrets in the training side of things and I think for me and this program the biggest thing is lifestyle and your approach to it is the most important thing that I would take forward. Just the fact that you can say these things that doing the right things but at 45-50 years old you're probably not going to go out there and compete and that's probably the stage where I'm at. I pull away from the competitive side of things and look at it more on a coaching side. It's the same approach I had in my own individual career that will carry over to my coaching side it.

*Does this inspire you to be a coach like Brands and Gable?*

Yes it definitely has. That's what brought me out to Iowa was Gable and Brands in 1997. If you wanted to be the best wrestler you went to Iowa and that's just how I felt and still feel today. Being in this venue shows you when you walk out there. That's part of it; you have the coaches, facilities, and support. This is what's kept me in Iowa and makes it exciting to have a career here.

*Why didn't you wrestle your final match?*

My first scramble in that Stieber match I injured my hamstring and it was highly recommended not to and pretty much I want to carry on with life and I don't want to have surgery. It was not about stepping on the mat to prove that I'm a tough son of a gun because I really don't need to prove that. I was out there to compete for myself. It's hard to not finish a tournament because I've never done anything like that but when your doctor, coach, and trainer all are telling you the same thing; it's time to take some advice.

*Is a gold medal the only thing that would have satisfied you?*

It's hard right now, but that was the goal. That was always the goal and when you come up short it's tough. The one thing I can say is that I'm a spiritual man and I believe God has a path for me in life but the same time it's also brought me the tight knit family I have, not just straight blood, but people I've been close with for so many years. There is a lot of positives to take out of it but right now I'm trying to give you a bs answer because I don't have a whole lot positive to say but those are some positives in my life where I have benefited from wrestling.

*Does this drive you to be a better coach?*

It drives me more in life in general, in coaching and my livelihood. I'm not one to just sit and crawl in a hole. I will continue on and use the examples I've had in the last 33 years to move forward and better myself in everything I do.