



# The Every Day Olympian

You show me someone who has accomplished an extraordinary feat, and I'll show you a support system around that person who has enabled that achievement through emotional support, coaching, knowledge, monetary funding or maybe just an opportunity. That support system could be family, friends, coaches, teachers, co-workers or all of the above. It's made up of people who believe in your potential. If you don't have that support by default, than you have to make a conscious effort to surround yourself with the right people. So the trigger phrase of the day is "You can't do it alone"

It was a bitterly cold Wisconsin winter morning during my senior year of high school. My old blazer had finally broken down permanently so my dad got up early to bring me to the school's weight room. *(Because I couldn't do it alone)* I got to the school and was greeted by my assistant football coach who dedicated his mornings to opening the weight room for any student who wanted to work out. *(Because I couldn't do it alone)* I was also greeted by many of my friends. They too had physical aspirations they were willing to work for which made it much easier for me to be there. *(Because I couldn't do it alone)*

After lifting, I showered and headed upstairs. I shared some small talk with a girl who would turn out to be my future wife before heading to class. Most of my teachers were dedicated to their profession and identified the never ending drive to succeed within me. In return, they would challenge me and hold me to a higher standard.





*(Because I couldn't do it alone)* I resented this at times, but realized later in my life that they were doing me a favor I could never hope to repay.

After school, I had wrestling practice where one of my assistant wrestling coaches and another ex-college wrestler would trade off being my partner. They didn't have to work that hard, but they recognized that I wasn't being challenged enough in practice without them.

*(Because I couldn't do it alone)*

After practice, my dad picked me up. We grabbed a quick sandwich and then headed to another wrestling practice. It was a freestyle/Greco-Roman wrestling practice which is different from the style wrestled in high school. *(Because I couldn't do it alone)* When I got home later that night, my mom met me with leftover dinner and words of encouragement. *(Because I couldn't do it alone)* She asked me about my day and made sure I was going to do my homework. I drifted off to sleep with book still in hand, ready to do it all over again.

Why did I tell this story; because it is foolhardy to believe that you can do it all yourself. Or if you're already an Every Day Olympian, it is foolish to believe you've accomplished it all by yourself. You see, it was only two short years later when I made my first Olympic team. Those days were the foundation of what was to come.

That is why I am so passionate about empowering others. I personally feel blessed for the experiences I have had and the relationships I have made. It would be a disappointment to all who have guided me over the years if I did not provide others with the same opportunities.

Remember, it's not you against the world...there are always people willing to help out. While showing gratitude and attempts to repay them, it's important to seek out and take advantage of those willing to help because..."You can't do it alone"