

2023 NCAA Wrestling Championship

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Kansas City, Missouri, USA
T-Mobile Center

David Carr

Semifinals Media Conference

THE MODERATOR: We have with us now also from 165-pound Championship, David Carr from Iowa State. David, if you could get us started with comments.

DAVID CARR: First and foremost, I just want to give all Glory to God. He's put me through an amazing journey. I've been praying and reading my Bible every day and it truly gave me the strength and energy, like I prayed for unlimited energy. I don't know if that's possible, but I felt like I had a whole other gear of energy today in that semifinal.

Q. David, you're down 6-5, walk me through what's going through your mind to get the takedown in the final seconds?

DAVID CARR: I just kept telling myself, keep wrestling, keep moving. To get to the scramble, I knew he was working on a takedown and I knew I gotta get out. I got out, there was 23 seconds on the clock, I look over at my coaches they were like, go get one, get two, solid attack and finish.

Q. You were emotional after the match but so were your teammates. Were you surprised it was almost as important for them to see you win as it was for you?

DAVID CARR: I work so hard for them and they have been on a roller coaster nonstop. They know how much I love them, we're all brothers. I was watching a few guys that are All-Americans on our team and I was nervous watching them and Coach was like, hey, you got a match. Let's focus. But they're my brothers and I love them so much. They're family to me.

Q. You guys have wrestled five times now, how much are you going to miss this series in college?

DAVID CARR: It was a great rivalry. Some of the biggest moments I've wrestled him in in the Big 12 finals and the NCAA finals. We've traded a few times. I've beaten him a few times, he's beat me a few times. That match meant a



lot. He's a good competitor. He trains hard. Last year after the NAAs, he told me I made him better and after he beat me at Big 12's, all I could think about was getting better and getting better technique and he made me a better wrestler, too.

Q. You put a lot into this match, you said it was a great rivalry and you guys have had some real battles. What do you know about Mesenbrink and do you have any history with him?

DAVID CARR: I've never wrestled with him before, but I've watched him wrestle most of the year. He wrestles hard, I love to wrestle hard. So it's going to be a fun match. For me, my identity is not in wrestling, it's in Christ. I'm not really worried about whether it's a win or loss or whatever. I want to go out there and wrestle hard and score points and have fun and give Glory to God. I know who I am in Christ and that's why I can continue to keep getting better at wrestling.

Q. David, obviously you guys have wrestled a ton of times. Your last match, you kept getting to his leg and you couldn't finish. This time you were shooting and you ended up getting there. Is that something you saw in his game plan or something that you felt and worked on with Metcalf in the room and how did you see it when you were on the mat?

DAVID CARR: If I'm being honest, we were able to work on things right away. I liked the match that I wrestled even though I lost in the Big 12. I put myself in other positions. And I was like, okay. I was in his legs a bunch. I know I gotta work on these things to finish and then I can finish. So today, I was able to get those positions and capitalize and finish. And just a credit to my coaches and some other people that I'm close with have also helped me with those finishes and trying to get to it.

Q. I'm sure you probably didn't see it, but your dad and brother were screaming and running everywhere. What did they say to you after the match and what's it mean to have their support here all week?

DAVID CARR: It was awesome, my dad gave me a big



hug and my brother was tackling me. They were just like, let's go! We knew you could do it! I'll never forget that moment. It was amazing to have that moment with them, for them to experience that with me.

Q. David, your father had been in a lot of college rivalries himself. What did he share with you to help you with this so-called rivalry, how to get over it?

DAVID CARR: For him, he only won two Big 12 titles and he told me he got pinned in the Big 12's and lost and won the Nationals. He was like, you got four Big 12 titles, you'll be all right. That loss was good. I make good adjustments off of a loss. He saw that. That's pretty much when he told me, I would rather lose there and get it back at Nationals.

Q. David? What's the next 24 hours for you? How do you prepare for tomorrow? You've done it once. What's the next 24 hours like for you?

DAVID CARR: Go back, cut some weight, relax, talk to my coaches. Just, you know, just going to be so grateful, work out, enjoy it. It's my last time cutting weight for Nationals, last time wrestling, one more match. So I'm going to soak it all in and get ready to give it all I got tomorrow.

Q. David, you talked about your family and your teammates being family, talked about your dad and your brother, but your mom actually made weight with you?

DAVID CARR: Yes. Oh, my gosh.

Q. What did it mean that it was a full family effort for you to go through this tournament and succeed?

DAVID CARR: With my teammates, we dyed our hair blonde. I know it looks stupid, but it's something we do as team bonding. My mom got these blonde hair things on her hair and not only that, she made weight. She started at 185 and it takes a little bit to get down and she was dieting and doing everything and I remember the first time she did this was my senior year in high school and she was like, oh, my gosh. I'm stressed out. I have to make weight tomorrow. She's like, I can't believe it's the deadline. I'm still 2 pounds over. And I'm like, mom, relax, you got this. I'm coaching her up while I'm cutting weight. It's just cool and then she made weight the same time I did on the first day of Nationals, and it was a special moment, just another moment to share with her. I love her so much.

THE MODERATOR: Thank you.

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