

2023 NCAA Wrestling Championship

Saturday, March 23, 2024

Kansas City, Missouri, USA

T-Mobile Center

David Carr

Finals Media Conference

DAVID CARR: Like always, all glory to God. I prayed before the match, give me unlimited energy and focus. And when I was out there, I just kept telling myself, just focus in. Keep wrestling hard. And it feels awesome. It feels amazing to end my career on top.

Q. You mentioned your first championship was 2021, which was in an empty arena in St. Louis during the COVID type of thing. Did you think this may never happen after what happened the next two years?

DAVID CARR: It was crazy. I looked out there and it was empty. Now I look up and I don't know what the attendance is, but it was so loud and I'm just so grateful.

Q. How did you deal with the stall calls? Obviously you're super offensive and the stall calls kept coming. How did you deal with that and stay on your offense as well as your defense?

DAVID CARR: It was hard. I felt I was shooting shots. I'm not a guy who just runs out and tries to bully someone. I try to use finesse and fakes. I like to learn burrows. I like how he gets angles and is so explosive. That's what I was trying to do.

But you get a guy who is just running forward, come shoot on me. I'd rather you shoot a bunch of shots than try to make it a sumo match. That's why I kind of like the stall calls.

Q. Did you know the top game would make the difference in this match?

DAVID CARR: That's something my coaches, they emphasized. I looked at my corner. They're, like, this is what we talk about, gotta get a hard ride on. Ride hard and I think it would make a difference. And it did. That was kind of the game plan.

Q. After what happened in 2021, then you did not win, what was going through your mindset these past few



years?

DAVID CARR: When I didn't win, that was really hard, being the No. 1 seed. I had to wrestle back and I had a lot of encouragement by Brooks and my family.

I remember I said in that interview, I'm going to come back better for sure. And the next year I got second. This year I got first -- third, second, first. So I got better, technically, just not -- you know what I mean.

Q. What's next for you? Is it freestyle?

DAVID CARR: Absolutely. Keep training freestyle. Take a few days off. Talk to my parents, my coaches, start working on that freestyle game.

Q. Olympic Trials?

DAVID CARR: Yeah, that's what I think the next step will be.

Q. Obviously your mom and your dad are right there as you're coming off the mat. And you've got Cyclone legacy going on for a long time with you and your dad, your brother. Everyone's been a part of this program. Can you talk about what Iowa State means to you and the legacy you're leaving as you wrap up your collegiate career?

DAVID CARR: It's hard to put in words. When I first got to Iowa State my goal was to win a national title and help the team and bring the team back. We were able to win a Big 12 title. And I had a lot of leadership roles the coaches put on me. But I didn't mind. I love leadership and helping the team. I'm a big team guy.

And then to see how many All-Americans, Frost, Casey Swiderski and Anthony Medina. That's part of my legacy I think, more than just the titles.

Q. Where do you rank among the Carrs now?

DAVID CARR: My dad has three national titles. I'll be right next to him. He also was in the Olympics. He got bronze.



I've got a lot of shoes to fill. This is just what was expected by my family. It's a hard ask, but being part of the Carr legacy is tough.

Q. What's the difference between you winning your first title and now this one?

DAVID CARR: It gets harder when you win. People wrestle you harder. They try to get you -- so I think this one took a lot of grit, took a lot of heart. Both my matches came down to the wire, and I had to really wrestle hard.

Q. What makes Mesenbrink a tough wrestler? Obviously you beat him tonight. But what make him such a tough wrestler going forward into his collegiate career?

DAVID CARR: He's so tough because he has a good attitude. He's smiling, having fun. So am I. I try to keep even keel, but he's having fun out there. That attitude is what helps him wrestle so hard, and that's what makes him tough.

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