

2025 NCAA Wrestling Championship

Friday, March 21, 2025

Philadelphia, Pennsylvania, USA

Wells Fargo Center

Mike Caliendo

Semifinals Media Conference

165 Lbs

THE MODERATOR: We welcome Mike Caliendo, advancing with a 14-10 win tonight. Mike?

MIKE CALIENDO: Yeah, I mean, I'm excited. Obviously this is a moment that I've been dreaming of, but not going to let that get to me; just go out there and do what I do best.

Q. All-American three times, past two seasons you weren't able to get to the finals, but this time you do. What does it mean to go through the tournament the way you did, wrestle your style and your offense and pace, and get to this stage now?

MIKE CALIENDO: I think it was a matter of doing what I do best. Obviously I got Terry Morningstar in my corner. Like I said, it's what I've been dreaming of since I was a little kid, and it means a lot but the job is not finished.

Q. You've faced Mitchell Mesenbrink in the past few years and been unsuccessful. Is there anything you are looking to change in order to flip that result?

MIKE CALIENDO: I think it's more of a matter of how I approach the match and strategy going into it. You know, I just -- there is no better time to get the win over him than the national finals, and I'm going to rise to the occasion.

Q. With those Mesenbrink matches, what have been your biggest take-aways from the opportunities that you have had so far?

MIKE CALIENDO: I know I can wrestle with him. I know I can take him down. I just haven't been able to put it all together in one match. I don't think it's a matter of skill, I think it's just a matter of how I approach the match, strategy going into it.

Q. This season we've seen you against the rest of the competition that you've been able to face been able to



dominate, get to your offense and do those things. How has Iowa help you reach the level where you are now over the last two seasons?

MIKE CALIENDO: Just tweaking little things in little positions. I look up to all my coaches, and I take to heart what they say and try to implement everything into my game plan, into my techniques and into the way I wrestle. Just the way I think about how my mind-set is, going into the match. They've done a lot for me, and I really appreciate them, and I'm excited I get to wrestle for them.

THE MODERATOR: Thank you, Mike.

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