

2025 NCAA Wrestling Championship

Friday, March 21, 2025

Philadelphia, Pennsylvania, USA

Wells Fargo Center

Troy Spratley

Semifinals Media Conference

125 Lbs

THE MODERATOR: Our second winner at our 125 Lb national semifinal. Troy?

TROY SPRATLEY: I'm just grateful to be here. Just showed up when the time was right, you know. The best guys rise to the occasion, and I've been showing that throughout this tournament. And I'm ready to go one more time tomorrow night.

Q. Troy, when he gets up in that tie-breaker, what's going through your mind?

TROY SPRATLEY: Gotta go get one. Yeah, I knew he was a tough competitor. I wrestled him earlier in the year and didn't score very many points during that match. But when you got the escape, I just thought I'm going to go for it and get this done.

Coach Taylor is always talking about giving that extra 10%, and I think that showed that right there, and I went and got one.

Q. (No microphone.)

TROY SPRATLEY: Just mind-set and the right coaching staff around you. You know, we put the work in every day. It's easier to come out here and perform under these bright lights.

Q. Troy, you talk about your mind-set. Has anything changed in your mind-set since the Big 12s at all?

TROY SPRATLEY: No, I always believed I was the guy. Coming in here, I didn't care that -- obviously I cared that I lost in the finals, but I thought that was just a little bit more motivation, and I came in here hungry.

Q. (No microphone.)

TROY SPRATLEY: Going to go cut some weight, and



tomorrow night is going to be a fun one. Looking to get revenge.

Q. (No microphone.)

TROY SPRATLEY: Go out there and do what I do best. Go put points on the board.

THE MODERATOR: Thanks, Troy.

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