

2025 NCAA Wrestling Championship

Friday, March 21, 2025

Philadelphia, Pennsylvania, USA

Wells Fargo Center

Stephen Buchanan

Semifinals Media Conference



197 Lbs

THE MODERATOR: Welcome Stephen Buchanan from Iowa with a 3-0 victory tonight. Stephen?

STEPHEN BUCHANAN: First and foremost I would like to give all glory to God. He's helped me out through this entire season to help me become the wrestler I am today. I have people pouring into me day in and day out, but he's the one who has given me the gift and abilities to be the wrestler I am.

Q. What does it mean to take out a monster like that in the semifinals?

STEPHEN BUCHANAN: For me it's just another match. He comes with a lot of noise, so it was difficult to stay focused, so all the videos that you see online, or whether you're getting ready for a match right beside him. He's a talker and he does a good job of it, and he brings in people to the sport. So I can respect him on that front, but from a competitor standpoint, just another match.

Q. Earlier today, during the interview AJ Ferrari said the reason he thought he could beat you is that you are all go, go, go, and what do you think of that scouting report? Do you think one way or another that played into the victory tonight?

STEPHEN BUCHANAN: I'm not really sure. Go, go, go, I think that I have a decent gas tank, and there are some matches that I start go, go, go, and other matches I start slow. But for the most part, I think I need to focus on my hands and my feet, my motion, and that will get me to where I want to be.

Q. That's a match-up you had. I can't remember how many years ago that was exactly. So when you have that, when it's been so long since you had that feel or had something like that, how do you prepare and how did you feel it was different this time around to get the job done?

STEPHEN BUCHANAN: Prepare the same way for every single match. Like I said, we have history. I'm 1-2 against him. He beat me down in Big 12 Finals and beat me again later in a dual. So just having this match and coming out on top shows me how much I've grown as a wrestler and, yeah, means a lot.

Q. Getting to the finals for the first time and you do it as a Hawkeye how much have you felt that this room has elevated you to get to another level, especially considering that Angelo, younger brother, is a guy that you train with often, talking to you throughout the season.

STEPHEN BUCHANAN: Yeah, Angelo has been such a great help to me in the room, sharpening me every single day in all positions. I think that the room and the coaches and the support staff that I have helped me grow as a person on and off the mat, and that's helped me develop my skills on the mat to become the wrestler that you guys see today.

Q. You're familiar with Josh Barr, faced him at the BJC. What does he bring to the table? What were your take-aways from wrestling him?

STEPHEN BUCHANAN: He's a great cat. He has great coaches behind him, great team. You see him take losses and then come back and win. So that shows that he's not scared to wrestle on all fronts, in all positions. So just looking forward to the match. I guess my biggest takeaway is he's a competitor just like I am, and we are going to battle.

THE MODERATOR: Thank you, Stephen Buchanan. Congratulations.

FastScripts by ASAP Sports