

2025 NCAA Wrestling Championship

Friday, March 21, 2025

Philadelphia, Pennsylvania, USA

Wells Fargo Center

Gable Steveson

Semifinals Media Conference

285 Lbs

THE MODERATOR: We welcome Gable Steveson. Congratulations on the win tonight. Gable?

GABLE STEVESON: Just -- I think it's late out so trying to get back to the hotel and rest up, so anything I need to know, I'm here.

Q. This is your last round of the tournament. How are you taking in everything this tournament has to offer?

GABLE STEVESON: Soaking in everything I can, taking every guy very seriously, whether you're the 33 seed or tomorrow the 2 seed, same game plan, same person to me. So it doesn't matter who comes out there, I'm giving them the best seven minutes of my life.

Q. Gable, it seems like you can score anytime you want to. Does it also feel that way? If so, why not score more?

GABLE STEVESON: You know, a lot of times you don't want to walk into a bad situation where you're taking a lot of bad shots and creating an action that doesn't need to be created. So a lot of my shots that I try to take are calculated and picked off. Sometimes you won't see me shoot for a little bit, because I'm working the hands and doing my thing. Tomorrow, I'm gonna let it fly, balls to the wall, and I'm not backing down, so it's time.

Q. At the press conference and after you talked about maybe not having the pedal totally to the metal at the Big Ten. Talk about your opponent tomorrow night. You've got a great opponent, somebody who has won world titles at the university level, someone who is going to come out and wrestle hard. Talk about your energy and what you're going to bring?

GABLE STEVESON: When I hit the stage, bright lights, it's time. There is no running from it, no backing down. I never backed down from a challenge once. Tomorrow is



not the time for me to do it. Like I said, whether you're a 33 seed or a 2 seed, it don't matter to me. I'm ready to show up and win.

Q. Gable, you obviously mean a lot to wrestling Minnesota fans. What has it been like coming back for another year?

GABLE STEVESON: It's been really cool, it's not bad for a 30-year-old to go out there and -- it's not bad for an old sixth-year senior to go out and have a good time with his young homies. So showing them how to lead the way and tomorrow is the last step for that. And I can finally leave everything I can here at the tournament and let the next generation take their time and do their thing.

THE MODERATOR: Thank you, Gable Steveson.

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