

2026 NCAA Wrestling Championship

Saturday, March 21, 2026

Cleveland, Ohio, USA

Rocket Arena

Jax Forrest

Finals Media Conference

133

Jax Forrest (Oklahoma State) d. Ben Davino (Ohio State),
5-2

THE MODERATOR: We're joined by the 133 national champion, Jax Forrest. Can you tell us a little more, when the final whistle was blown, what was going through your head as you realized you were a national champion?

JAX FORREST: Yeah, it was surreal. I've dreamed of this day for a long time. It slowly is happening over the weekend, over the year, faster than I thought. It was awesome. It was a feeling unlike any other that I've had.

THE MODERATOR: Questions.

Q. Can you just talk about your journey from December, being in high school, to now, winning a national championship with Oklahoma State and everything that went into that?

JAX FORREST: Yeah, it was definitely weird leaving earlier than what I thought I was going to be. But I had it planned out for a while that I was going to be going down there. Then it was just figuring out, am I wrestling? Am I redshirting, grayshirting, all the details there?

But once I got on campus, I was already with my boys that I was already friends with. And then it was right into, I got there and next week we wrestled OU. Didn't have time to process it. Kind of went straight head on. And that's what I like. I like going right into the problem and finding a way to get on top.

Q. You're usually on your offense. You're usually attacking. It was a re-attack you used to get that decisive takedown. Can you describe for us wrestling through that position? How were you able to use that to get the takedown?

JAX FORREST: I know Ben, he's really fast. He's hard to



take down. After the first time I was on his legs, I knew it was going to be tough getting on attack. Then it was just wrestling through position. Like you said, I'm normally on the offense. I'm not a huge re-attack guys.

But when you're at the highest level, sometimes that's what you gotta find a way to win. That's just what I was telling myself.

Third period, you looked over, I was smiling. I knew I was going to win that match. And I had trust in my defense and my offense. And then obviously, you know, getting on top, putting a hard ride on for over a minute to seal the match, it was great.

Q. Talking music, "Funky Town" has been your theme song, I guess, of the season. Can you tell us what's the inspo behind it, why you've gone with that?

JAX FORREST: Yeah, it was number one my freshman year. We did run-out songs, and I didn't know what the heck to choose. So it was actually my mom and dad that were -- I've always been a scrambler. I've wrestled a little different so "Funky Town" was right up the alley and took it. And I haven't looked back from it since.

Q. When you finally pulled your redshirt, you posted a picture and the caption was, "I've known but now you know." How long did you know?

JAX FORREST: When I got to campus, once I knew I was enrolling in the school, besides not taking a grayshirt, I knew I was going to wrestle. I wasn't going to come in and wrestle five dates and see this loaded bracket and not want to put my hat in the ring.

I probably knew the whole time, talking to David. He's dropping subtle hints. And I'm like all right, he ain't saying this to say it; he's saying it because that's what he wants.

Originally, the freestyle season was tough. Did the Open. Final X was delayed. And then wrestled Seniors and then U23. So I didn't want to wrestle NCAAs. And then me and my dad had numerous talks. I was, like, I want to five days. I don't want to do NCAAs. You know, my body, I

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need a break. But I was feeling good. So I was going to go rip it up.

Q. You've done things a little out of order. You made the Senior World team. You're going back to high school and you're in college. But I want to go back to Senior Worlds and that bronze medal match. That moment probably one of the toughest losses of your career, if not the toughest in that moment? Thinking back to that moment, how did that moment help get you where you're at sitting right there?

JAX FORREST: That loss changed a lot of how I wrestle. You could tell -- I'm still crazy. My stance is a lot better. I'm not changing my lead legs. I'm being just a lot smarter because in that match I was like -- I was hurt. I was all messed up mentally, physically and emotionally. So I just threw everything out the window and just tried to win.

And it came back to bite me in the butt one of my worst ways possible. You know, if that didn't happen I wouldn't be a national champ today. Everything happens for a reason.

One of my favorite Bible verses, Jeremiah 29:11. "For I know the plans I have for you, declares the Lord, plans to prosper you, not to harm you, plans to give you hope and a future." In the moment, that felt like that was hurtful, that was pain, but looking back, that was one of the greatest things that could happen to me?

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