

We talked to Logan Stieber of Monroeville shortly after winning his 4th State Title. The following is from our interview.

WC = Wrestlers Corner

LS = Logan Stieber

WC: How long have you wrestled? When did you start wrestling?

LS: I started when I was about 4 or 5 years old. So, 14 years.

WC: How about your brother then - he started when he was about 2?

LS: (smiles)

WC: What have you done to prepare yourself for the state, in the past few weeks?

LS: We do a lot of extra work - running in the morning, lifting, extra practices at the barn, and at our place.

WC: At this point - what kind of lifting routine?

LS: High rep, low weight workout at this time of the year.

WC: What kind of running are you doing late in the season?

LS: Well, we cut back some the last few weeks - want to have fresh legs out there.

WC: 10 minutes before the match, what is going through your mind? What is your mental preparation routine like?

LS: I just try to clear my head, tell myself I work harder than the other guy...and joke around with my coach - he's a really funny guy.

WC: So, do you try to think of what techniques you're going to use, or just take what comes.

LS: Just take what comes, and relax.

WC: You must be very strong, I saw you pull that leg in when it didn't look like you had much of it.

LS: Its just a mis-direction - I feel the pressure going that way, so I cut back the other way.

I caught up to Jeff Stieber, Logan and Hunter's dad, and he spoke of Logan's goals to compete internationally - in the Olympics, possibly in 2012. He said that Logan actually prefers freestyle to folkstyle, and plans on wrestling 121 internationally. So, I think we can assume he's going to be a 125 lber for the Buckeyes.

Good luck to both Logan and Hunter, two very classy young men.