

Mike Zadick

Mike Zadick has been the top-ranked U.S. freestyle wrestler at 60 kg/132 lbs. the past three seasons.

Zadick, a past All-American for the Iowa Hawkeyes, made his first World Team in 2006 and captured a silver medal at the 2006 World Championships in Guangzhou, China. His older brother, Bill, won a gold medal at the 2006 Worlds at 66 kg/145.5 lbs.

Zadick followed by making the 2007 U.S. World Team before he competed in the 2008 Olympic Games in Beijing, China.

Zadick now sets his sights on making the 2009 U.S. World Team. Zadick trains in Iowa City, where he serves as an assistant coach for the University of Iowa wrestling team.

Zadick took time out of his busy schedule to answer 20 questions from *USA Wrestler*.

1. Favorite movie?

Lonesome Dove. Any John Wayne movie. Shooter. Tombstone. 8 Seconds

2. Favorite TV show?

I watch maybe five minutes of TV a month. I used to watch "The Office" and enjoyed that.

3. Favorite food when you're not cutting weight?

My mom's Grape Leaves! They're filled with meat and rice, and rolled up like a cabbage roll and cooked over lamb chops.

4. What artists do you listen to in your iPod to pump you up before you wrestle?

I cut weight to movie soundtracks: Last of the Mohicans, Legends of the Fall, and also Eighties.

5. Favorite sport (other than wrestling)?

Bull riding

6. Favorite athlete to watch in another sport?

Any confident Cowboy ready to ride or rope.

7. Favorite wrestler and why?

My brother Bill Zadick and my brother-in-law Chris Steinlage. I always looked up to Bill. Chris could do the bow and arrow from anywhere. He only wrestled in high school.

8. Best piece of advice you've received?

Put Your Warface On.

9. What kind of advice would you give a young wrestler who is just taking up the sport?

When you're young and starting out, it's about learning to be a fierce competitor and wanting it so bad every time you go out to wrestle your match. If you don't get the result you want, improve the course you're taking by continuing to learn and build. Wrestling is not for the people that talk a good game, but the ones that go produce the results consistently.

10. Best moment as a wrestler?

Winning my first stop sign in high school and giving it to my dad.

11. Best part about being an Olympian?

Being around the atmosphere of the Olympic Games gave me a boost and I learned from the experience.

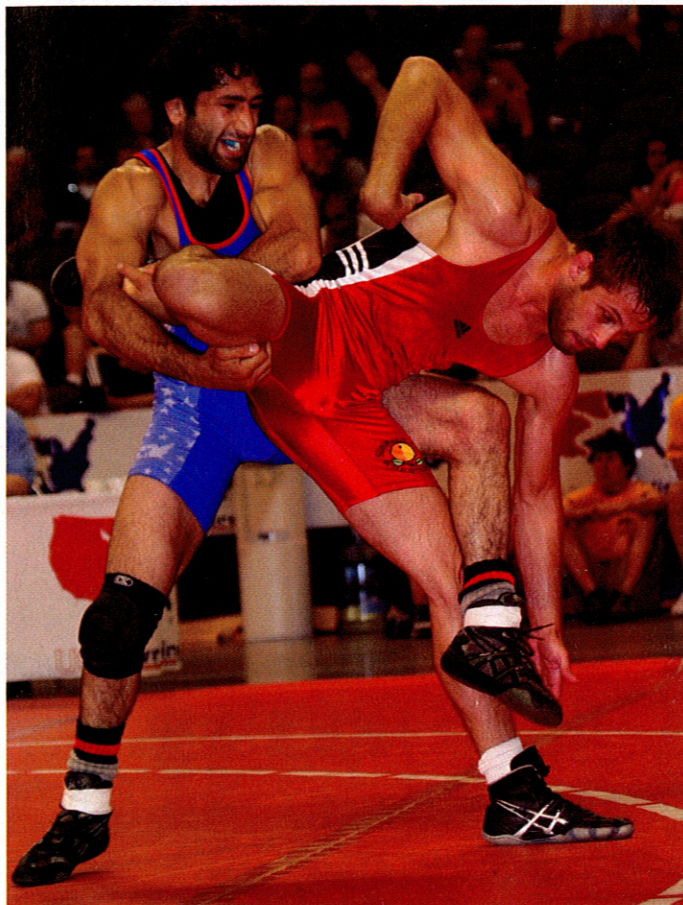
12. Favorite moment at the Olympics?

Knowing I had an opportunity to represent the USA and wrestle for Gold!

13. Best part about being a wrestler?

Knowing that every time you step on the mat it is what you've prepared to do, compared to what your opponent has. Knowing you will have your hand raised.

14. What was it like for you when you made your first World



World silver medalist Mike Zadick takes down Zach Roberson at the 2006 U.S. World Team Trials. Zadick is ranked No. 1 in the U.S. at 60 kg/132 lbs. Photo by John Sachs.

Team?

Very satisfying knowing my brother and I made the World team together that year and having it be on my dad's birthday. The excitement didn't stop because my sister, Mary Ann, was married the following week

15. Any dogs, cats or other pets?

Ha, ha! I have an awesome dog named Smoke, a horse named Storm or John (he has two names). I also have 12 laying hens with fresh eggs everyday, 4 mean roosters, and 1 peacock. I had two ducks that were ambushed by a farrow cat and possibly a raccoon.

16. Any idea what you'll do after your competitive career is over?

We will see when the time comes.

17. How did you end up getting into wrestling?

My dad was the local club coach and having an older brother involved in the sport. I was raised into it.

18. What do you do during a typical flight overseas?

Listen to music, watch movies, and pace up and down the aisles. I do not enjoy those flights one bit.

19. Coolest place you've traveled to?

Switzerland was impressive, but of all the places I have been to and want to go back to ... Alaska.

20. Funniest guy on the freestyle team and why?

Sam Henson. What he says and how he has acted on trips could be put in a movie, and people would love it.