

Reinvigorating world tour

After a summer of wrestling around the world, Jon Reader has a renewed love for the sport

MARK SPEZIA

mspezia@journal.com
6101 766-0184

Jon Reader admits he needed something to reinvigorate his enthusiasm for wrestling.

That might sound a little strange coming from somebody who won his first tournament at age seven before becoming a three-time state champion at Davison and landing at Iowa State — one of the nation's top programs.

He has wrestled just fine for the Cyclones, earning All-America honors his first two seasons after being red-shirted as a freshman.

Deep down, however, Reader could sense something was amiss.

"The last two summers, I did not wrestle in any tournaments at all," he said. "I just went home and worked out. Before then, I was competing almost year-around. I don't know

why I got away from that, but maybe I started to lose some of that aggressiveness I had."

That was then.

Now, Reader has regained that unbridled passion for the sport and then some after spending the spring and summer testing himself against some of the world's best across three continents.

"This offseason has really reignited my love for wrestling," Reader said. "I'm really fired up now and so excited for next season. This has done so much for me."

He recently returned from

a two-week stay in Poland where he trained with several Olympians at the country's Olympic Training Center in Spala and competed in the Ziolkowski Invitational.

"That was just a ton of fun, spending all that time with Olympians from several different countries," Reader said. "It was a great experience for competing and learning."

Reader learned plenty from wrestlers like 2008 Olympic silver medalist Yusup Abdusalomov of Tajikistan.

"I picked up a lot about technique and being patient," he said. "The American style is to be really aggressive, but those guys practice waiting for the right time to make a move. They will work for the right opening and take advantage."

After training roughly five hours a day, Reader competed in the Ziolkowski Invitational.



Iowa State wrestler Jon Reader of Davison

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