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## Cyclone Wrestling Room is Heating Up

AMES, Iowa – The Iowa State wrestling team has turned up the intensity for the upcoming 2009-10 season. Head coach Kevin Jackson has focused intensely on technique and tactics so far in the Cyclones' preseason training.

Jackson's squad is heating up the team's practice sessions, with rapid mat action with focus on becoming champions. The Cyclone head coach is thrilled to see the ISU wrestlers buying into the coaching staff's teachings.

"I love this team's commitment to the plan," Jackson said. "We're excited about where the team is at, currently."

The Olympic gold medalist knows a thing or two about preparing to be the best. Jackson served eight years (2001-08) as the national freestyle coach for USA Wrestling. The former Cyclone NCAA finalist has put an amped-up training regimen in place for the Cyclone grapplers.

"As far as wrestling practice, weight training and conditioning is concerned, we are trying to be the best," Jackson said. "The team is doing everything that we ask them to do."

The Cyclone coaching staff, led by Jackson, includes assistant coaches Chris Bono and Yero Washington and volunteer coach Nate Gallick. Bono echoed Jackson's sentiments about the progress being made in the ISU wrestling room.

"We are having some of our best workouts now," Bono said. "I'm seeing daily improvement from the team on its concentration. The training has been going really well."

The ISU coaches are anxious to see the team in competitive action after the look they've seen from training.

"We won't know what we've got until we actually get them out on to the mat and into competition," Jackson said. "That's where some questions will be answered and we'll be able to come back and finalize a few positions."

Bono, a former ISU assistant coach and national champion while sporting the cardinal and gold singlet, has seen the start to many Cyclone wrestling campaigns, and this year is no different.

"We are excited to get these guys on the mat soon and see them compete," Bono said. "We'll be seeing good things from them."

ISU begins its 2009-10 dual schedule against South Dakota State in Hilton Coliseum Nov. 12 at 7 p.m. The Cyclones are holding an intrasquad match on the floor of the Lied Recreational Center on campus Oct. 30 at 7 p.m.

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