

# CHAMPION'S WRESTLING SCHOOL

## "LEARNING FOR LIFE"

# TESTIMONIALS

I met Mike Land when I was 15 years old and have continued our relationship to this day. Mike took my wrestling skills to a State High School Championship, a State Freestyle Championship, a Third Place finish in the National Jr. Freestyle Championships, and a Scholarship with Iowa State Univ. I have been a student of Mike's wrestling programs, an instructor at his wrestling camps and helped several kids with wrestling throughout my career. I have always felt the wrestling success I have enjoyed was guided by Mike Land. Mike not only taught me the finer points of wrestling and conditioning, he taught me the goal setting and affirmation techniques it takes to be successful in life outside of wrestling.

I continue to use positive behavior and goal setting in my post-wrestling career. I have used these techniques in my personal life and my business career. I feel the same points Mike taught me 20 years ago have structured my entire life to the successes I enjoy today. I have applied the same skills he taught me in wrestling to my current position of managing 35 people of a multi-million dollar company. I feel blessed to have met Mike twenty years ago and I feel he is not only a mentor of mine but also a friend.

Cale Sponsler  
Operations Manager  
Alter Trading Corporation

Mike Land not only taught me how to plan and set goals, but also to attain my goals. Through daily habits of visualization and affirmations, I was able to gain the confidence I needed to become a Three-Time State Champion. I learned how to focus on the task at hand and not let the outside factors of which I had no control over, distract me. I didn't realize that Mike was teaching me the skills I would need to succeed in not only in wrestling, but in life. Mike helped to prepare me for the intense, competitive atmosphere at the University of Iowa. I placed third in the NCAA tournament three times. As a coach at the University of Wisconsin for the last 13 years, I use the same approach Mike used with me.

I look over the notebook of information Mike gave me from time to time. I can't thank you enough for the positive impact you had on me. I made huge gains under your tutelage. I have nothing but great memories from that time of my life! (Note: Bart was the first State Champion Mike Coached.)

Bart Chelesvig  
Assistant Wrestling Coach  
University of Wisconsin

I started wrestling in 5<sup>th</sup> grade. I *wanted* to win but in reality I was a very average wrestler. Mike Land helped turn my desire into success on the mat. He showed me what it would take to achieve my goals, and then he taught me *how* to *do* the things required of a winner.

I started in Mike Land's program when I was a junior at Ames High School. When we got to the Christmas break that year I had a record of 10-5. We worked on conditioning, strength, technique, strategy, but the most important thing he taught me was goal setting and mental focus. After Christmas break I won 16 straight matches, and had only one more loss the rest of my high school career.

Mike taught me to focus on areas of weakness, and turned them into strengths. He changed my mental approach to the sport and big matches through the power of affirmation and visualization. Through these techniques, it became possible to see a goal accomplished before it actually happened. I became a State Champion in my head *before* I was a State Champion on the mat. All great champions believe they will win. In my opinion, it is this ability that sets athletes like Cael Sanderson and Tiger Woods apart from the rest.

I didn't get to accomplish all of my goals in wrestling, but the experiences and accomplishments changed my life forever. I am grateful to Mike for teaching me how to become a Champion.

Bob Thompson  
Senior Account Executive  
EMC Corporation

