

## Wrestling - Training for the Rest of Your Life

By Carol and Patrick Milkovich

2x NCAA Champion and  
Distinguished Member of the National Wrestling Hall of Fame



**A**fter I graduated from Michigan State University, my first job was grad assistant at the University of Alabama. It was there that I first met Jeff Levitz, a sophomore from Chicago, Illinois. As an assistant, it was my

job to work with the wrestlers on their technique. While Jeff wasn't the most talented young man, there was something about him that made him stand out. At the time, as young and inexperienced in the world as I was, I couldn't exactly pinpoint

what made him different. When I left Alabama, we still kept in touch sporadically, but eventually we lost track of each other until a chance meeting reunited us two years ago. Now, much older and a little wiser, it was easy to see how Jeff