

### **MICHIGAN** **Stew Carrier**

As the wrestling season draws closer I find myself being both excited and anxious for the state of Michigan. Wrestling is such an awesome sport it doesn't matter

whether you're a fan, a participant, or even an editor – it's hard to not get excited about the up-coming season. But with excitement comes anxiousness, and that is something that both wrestlers and coaches have a difficult time dealing with. Throughout

my experiences at my home wrestling organization, Meridian High School, I learned one thing that aided me more than anything else in my wrestling – channeling your anxiousness on the mat is something that will aid you immensely. Mike &