

shaped my life.

He gave me a more clear understanding of commitment, sacrifice, delayed gratification and priority. He taught me valuable principles that we are losing in our society. I'm a better person, a better leader for my staff, a better business person and a better trainer because of David. He taught me about the little things it takes to truly be world class and those ingredients you need are deliberate practice and passion. That is what makes him a superior wrestler.

I give David credit for raising the wrestlers' training standards at CFF. There is a picture of his four state titles on



Scott Goodpaster and David Taylor

the wall at CFF, and when wrestlers come into train they say, "David Taylor is my favorite wrestler."

The most valuable thing that happened between David and I is that we created a friendship for life. We both knew we shared the same passions for wrestling and fitness so we made a great team. The only passion we did not share was David's love of Mt. Dew, which came to an end shortly after. My connection and association with him will last forever.

At the present time, I don't train him and don't get much of an opportunity to talk with him. When I do, it's a special 10-minute conversation, sometimes a short text. He always makes our conversation about me, my girlfriend, my nephew and my business, Cincinnati Functional Fitness. It's never about him. He always ends our conversation by apologizing for not keeping in touch. I understand David is on a mission and is laser focused on obtaining his second NCAA title. I also know his ultimate goal is to be an Olympic champion in 2016.

I believe our paths will cross again and I can't wait until that day. David is a one-of-a-kind wrestler but he's more of a one-of-a-kind person. He is a better person than wrestler and as a wrestler he has already achieved Hall of Fame immortal status. David Taylor is simply magical. ■



David Taylor drug an old tractor tire to build strength while winning four Ohio state titles.