

Team Excel: Philosophy & Commitment

Steve Knight and the Excel board of directors began Excel Wrestling in Colorado with a mission of impacting wrestling at all levels as well as the lives of wrestlers they came in contact with. Ten years later, Excel Wrestling has accomplished more than their mission, now with training sites in several states. Their Team Excel Year Round Training Programs have been offered in Colorado, Wyoming and Iowa. This year's summer camps will run in Colorado, Iowa, Washington, and Hawaii.

Since retiring from competition, Knight has spent the last ten years in Colorado, not only developing Team Excel, but also working with athletes at the US Olympic Training Center. Some of his own Team Excel senior level wrestlers trained there and competed through two Olympic cycles from 1997-2004. En route to both of the past US Olympic trials in 2000 and 2004, many Team Excel wrestlers achieved high finishes and US National Freestyle All-American status. Working with Knight over the years on the

senior level for Team Excel has been long time friend and coach, Mike McArthur. "I think our friendship carried us through more than anything else. Mac is a great guy to have as a partner. He's an outstanding coach and a good friend," said Knight.

On the high school level, many Team Excel wrestlers have achieved Cadet/Junior National All-American status in Fargo and at the prestigious Reno Tournament of Champions. Over the past six years, Team Excel wrestlers have reached the Fargo finals three times and competing for their respective high schools, won the Reno Tournament of Champions twice with both wrestlers receiving the outstanding wrestler award. In Colorado, many have become high school state champions and have gone on to compete in college. In Iowa, the Team Excel Year Round Training Program had its very first state champion in 2004. Knight has the same hopes for the new Wyoming Program. "All of our programs have been blessed with some top notch coaches and loyal families who have really supported us. Many of our Year Round Training