During matches, Trenge taps his right leg where the Veritas tattoo resides.

"That technique is called anchoring," Trenge said. "It is something I learned from the anger-management therapist, who is really more like a sports psychologist. He told me when I'm wrestling well in practice to tap my tattoo. If someone is frustrating me in practice and I get through it without breaking, I tap it. I did the same thing in matches because he said instead of becoming frustrated it would bring me back to a moment of success. It gives you the strength to push through.

"He also credits Strobel with helping him deal with anger issues by displaying a calm demeanor.

"Coach Strobel knew somebody needed to keep their head and that person probably wasn't going to be me," Trenge said. "Imagine how I would react if he would start yelling and screaming during the match. That would make me more fired up, and it wouldn't be good. It was a matter of me maturing."

Wrestling fans know how Veritas ends, but the climactic ending at the 2005 NCAA meet won't be revealed here.

The bigger message is that the film shows how a person can grow through competing in intercollegiate athletics. That's a defining moment.

More information about the availability of the documentary on DVD can be found at Veritas-movie.com.

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