

SUPER 32 CHALLENGE

THE 2008 SUPER 32 CHALLENGE FEATURED:

* 175+ STATE CHAMPIONS *

* WRESTLERS FROM 34 STATES *

* MORE THAN 50 COLLEGE COACHES IN ATTENDANCE *



BATTLE FOR THE BELT

the toughest pre-season tournament in the country

HIGH SCHOOL DIVISION * 1250 ENTRIES * 20 MATS

OCTOBER 24, 2009

GREENSBORO COLISEUM

GREENSBORO, NORTH CAROLINA

WWW.SUPER32.COM

POSSIBLE ADDITION OF A MIDDLE SCHOOL DIVISION, WHICH WOULD BE HELD IN AN ADJACENT FACILITY. INFORMATION WILL BE POSTED ON OUR WEBSITE LATER THIS SUMMER.

IN 2008 THE ENTRY LIMIT WAS MET IN THE FIRST 2 DAYS OF REGISTRATION. REGISTRATION WILL OPEN IN EARLY SEPTEMBER. CHECK OUR WEBSITE FOR MORE INFO

DUSTIN CARTER, From page 6

Saturdays before his senior year.

Goodpaster normally trains 20 to 40 wrestlers at a time during the off-season, the most notable of which is current Penn State-bound David Taylor, a finalist for the 2009 Junior Dan Hodge Trophy and a four-time Ohio state champion.

Carter and Goodpaster started working together after Carter's sophomore season. Goodpaster saw the Ohio prep wrestle that year and extended an invitation to help him further develop his strength and conditioning.

"To see him come in, he'd light up my spirit. He'd work so hard, that kid pushes the limit of human ability. That's what gave him the tenacity to be a champion," Goodpaster said.

"(Scott) played a big part. He helped me get my body ready to be a champion," Carter said. "He's always talking about working out and never giving up."

When asked about his unrelenting work ethic, Carter said that's something he's always had.

"I've been blessed with that attitude," he said. "I've always had that. I can't stand when people say I can't do this and I can't do that."

A couple years ago, Goodpaster posted some of Carter's training regimen on U-Tube. He was then flooded with e-mails from people all over the country. Many said Carter's story and attitude changed their life, or a son's life who was struggling with how to proceed in life with a disability.

Goodpaster then took Dustin's story to the next level by making the DVD. The final product was completed last year.

"He can change somebody in a heartbeat. He can take a depressed kid that has diabetes at eight years old and cheer him up. You shouldn't feel sorry for (Dustin), he lives live to the fullest. He's a huge inspiration for anybody," Goodpaster said.

Carter now is in demand for public-speaking engagements, talking about the drive it took for him to live a normal life and achieve goals he had set. He and Goodpaster even flew to San Diego last summer to speak to members of the armed forces who had lost limbs in combat.

Where will Carter's career go from here? Time will tell. Both Carter and Goodpaster can foresee him continuing to do the public speaking in the future, and he'll probably end up coaching wrestling some day.

If you're interested in getting a copy of the DVD, order it on-line at www.cincyfit.com. You can also contact Goodpaster if you're interested in having Carter come in to speak to your school, team, club or business.

One thing I can guarantee you is that after seeing Carter's story first-hand, life will be put into perspective for you quite quickly. His attitude reminds us of the importance of hard work and to not allow any limitation to stand in our way of reaching goals. ■

"It isn't hard to wrestle if you know how."

Find out HOW to wrestle with our
instructional DVDs at:

FoundationWrestling.com