

# GazetteOnline

This is a printer friendly version of an article from [www.gazetteonline.com](http://www.gazetteonline.com)  
To print this article open the file menu and choose Print.

---

Article published: Aug 3, 2008

## West's St. John will wrestle for Hawks

IOWA CITY — Derek St. John wanted to continue his wrestling career where he could win multiple national championships as a part of a national championship team.

St. John didn't have to look far for a program that met his requirements.

The Iowa City West senior-to-be verbally committed Sunday afternoon to wrestle for the University of Iowa and Coach Tom Brands.

"I wanted to be a part of a great wrestling program," St. John said. "I wanted to choose a school that was going to help me reach my goals at the next level."

St. John, a two-time state champion and three-time state placewinner, has compiled a 134-8 record for the Trojans. He hasn't finished any lower than third at the state meet, winning the Class 3A 145-pound title as a junior with a 50-0 record and the 135-pound crown as a sophomore. He was third as a freshman. He capped his summer competition with a runner-up finish at 152 pounds of the ASICS/Vaughan Junior Freestyle National tournament in Fargo, N.D. on July 26.

"He's just a tough kid," West Coach Mark Reiland said. "He's relentless with his attack. He's not a physical kid, but he's never been worried about the physical part of the match either."

The Hawkeyes won out over Iowa State and Nebraska. He will join former West teammates Nate Moore and Grant Gambrell, who will be freshmen this season. He has also wrestled with a number of the current Hawks.

"I've been wanting to go to Iowa for quite awhile. (Sunday) sealed the deal," said St. John. "I was looking at a few other schools, but I had a good idea I wanted to be (at) Iowa."

Brands was an overwhelming influence. St. John said he made a connection with Brands and likes his ability to motivate.

"I really like Tom Brands a lot. He can help me out," said St. John, who is projected to wrestle 165 or 174. "I love the fact he knows how to pump you up. He can say a few things to you and make you feel like you can conquer the world."

"I was hoping to get it done before this coming wrestling season," St. John said. "Now, it's off my chest. I can go out there and have fun."

Contact the writer: (319) 368-8679 or [kj.pilcher@gazcomm.com](mailto:kj.pilcher@gazcomm.com)

---

[Click here to go back to the article](#)