



**Daniel Sanderson**  
**Wrestling**

When did you start playing your sport/how did you get introduced to it?

When I was 6 years old, we had a neighbor who was a club wrestling coach and he invited me to see what it was all about. Even though I never thought about wrestling, I decided to give it a shot. I had a lot of fun and soon after that, my dad started coaching and we joined the Fox Valley Wrestling Club. I continued in the sport throughout my elementary and middle school years, getting better each year. By high school, I was able to be a varsity starter in my freshman year.

Do you play any other sports?

Yes, I love to golf. My dad taught me how to play when I was about 6 years old and I got my first set of clubs when I was 7. It was a great bonding experience for me and my dad. Soon, I started doing local tournaments and a couple Junior PGA teams. I then played on the JV team at Neuqua and really enjoyed being a part of the high school team. I decided to focus more on the sport of wrestling after my sophomore year, but I still really love playing golf with my dad and

**friends. It's something I'll be able to play for the rest of my life.**

What has your sport taught you/what lessons have you pulled from it?

Definitely discipline – and the drive to never give up! Having discipline and a good work ethic will take you a long way in whatever you do in life.

What do you wish you knew when you were just starting?

Really understanding the effect of hard work in practice and how that actually carries over into all facets of life. Hard work builds character and develops me on how I carry myself every day.

What quote/inspiration do you resort to when things get really hard?

Never give up. Plain and simple. That has been my motto for so long – my dad actually told me this when I was really young and I look at it new ways every season and also in everyday life. This has been my motivation for reaching my full potential.

**Share something about you that isn't well known.**

I am really interested in real estate and investing. I read everything I can on business and love following the careers of successful business people.

Where do you go from here? College plans?

I plan to attend Illinois State University to study Entrepreneurial Studies with a minor in Finance. I plan to get my real estate license early this summer and work part-time in a real estate office while in college. Long term, I want to operate my own real estate firm in the Chicago area.

Do you have a role model?

My all-time role model is Olympic wrestler Cael Sanderson because he is a great developer of young wrestlers – both on and off the mat. He has a fresh positive mindset and always seeks to improve and help his team get better. He has been the face of wrestling for quite a while - a perfect record in college and an Olympic gold medalist. He has always been someone who I look up to and I try to emulate his wrestling style and work ethic.