

**OLYMPIC ... ENGINEER?**

You might not notice her in your classes, but one Iowa Stater was the first gymnast to compete for her country in the Olympics.

>> **MORE ONLINE**

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You're 15 minutes away from feeling like an Olympic champion.

>> **PAGE 7**

An independent student newspaper serving Iowa State since 1890. FRIDAY 02.09.2018 No. 97 Vol 217

16° 0°

From football to bobsledding

Linebacker followed Olympic dream



COURTESY PHOTO BY JESSE BECKOM III

A small conversation between Jesse Beckom III and his defensive coach Charle Partridge developed a true passion that would be part of his life for about 10 years and change his mindset to gold medals instead of touchdowns.

BY BRIAN.MOZEY
@iowastatedaily.com

Jesse Beckom III felt his phone ring in his pocket.

The former Iowa State linebacker stopped helping his friend move into a new apartment and picked it up.

On the other end was his defensive coach at the time, Charlie Partridge.

"Hey, what are you doing?" Partridge said.

"I'm just helping my friend move into his apartment," Beckom III said.

"What do you think about bobsledding?" Partridge said.

"I don't know. What do you think about it?" Beckom III said.

It's the middle of the summer and the last thing Beckom III was thinking about was winter, let alone bobsledding.

"I met a guy named Travis that wants you to come out to a bobsled workout," Partridge said.

"Coach seriously, what do you want?" Beckom III said. "What are you joking about?"

"No, I'm being serious," Partridge said.

"Give the guy my number," Beckom III said.

That small conversation developed a true passion that would be part of his life for about 10 years and change his mindset to gold medals instead of touchdowns.

"I think God set it up where two paths crossed a path where it had never crossed before," Beckom III said.

Football First

Before this phone call, Beckom III was focused on football and achieving his dreams and goals as a Division I athlete. He started his college career in 1995 at Trinity Evangelical Divinity School in Deerfield, Illinois.

After two years, Beckom III decided to transfer to Iowa State because it was a Division I program, and it had an architecture field for his major. He walked onto the football team, but after becoming a starter and eventually the Big 12 Defensive Newcomer of the Year in 1998, he received a full scholarship with the Cyclones.

"God had a good plan for me," Beckom III said.

After his final season as team captain in 1999, Beckom III received a Bachelor's degree in community and regional planning. He would later earn his Master's degree at Iowa State in 2003 after a few years of graduate school.

Beckom III said he cherished his time at Iowa State and had plenty of memories both on and off the field. His favorite on field moment was during the winter time one season with his defensive line coach Mike Nelson.

Nelson would wear shorts and t-shirts during practice in the middle of winter outside. Beckom III thought he was crazy for wearing that type of attire, but it proved a point to many of the players.

"All the coaches were just shaking their heads, but that was coach Nelli. He was a character," Beckom III said. "I think he was trying to tell us that it's not too cold to be playing football."

His time at Iowa State led to that phone call, which not only changed his mindset, but changed the sport he would focus on.

It wasn't football anymore.

It was bobsled.

Learning a whole new sport

Beckom III went over to Lake Placid, New York, to start his journey with bobsled at the camp Travis Bell mentioned in the phone conversation.

The majority of athletes that compete in bob-

sled were once either a football player or a track athlete. Football contains similar approaches to pushing a bobsled, while track stars have the ability to gain speed quickly, which is needed on the ice.

Even though Beckom III had the strength and determination to learn and understand the sport of bobsled, he realized there were some differences between football and bobsled.

"One of the biggest differences is that bobsled focuses on your lower body to push," Beckom III said. "In football, you focus on many different parts of your body. I just needed to realize it was going to be a learning process."

Beckom III soaked in every minute of learning at this camp and fell in love with the sport. He realized this could potentially be something he continued to do for a number of years.

The former Cyclone football linebacker started his bobsled career in 2002 but developed a close friend in 2004 with the addition of Curt Tomasevich. The two would find out soon that they would spend the majority of their time together.

Whether it was lifting or practices or outside drills, the two were joined at the hip, but never rode together in a bobsled throughout their careers with Team USA.

"He was the first person I ever met when I started my career with bobsled because he picked me up from the airport in Colorado Springs, [Colorado]," Tomasevich said.

Little did Tomasevich and Beckom III know that each of them would encourage and push each other to reach their individual goals for the next eight, nine, 10 years.

>> **BOBSLED pg8**

INTERNATIONAL

Russia, US politics dance around Olympics

BY CHRIS ANDERSON
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Despite doping allegations, Russian athletes will compete in the 2018 Winter Olympics in Pyeongchang, South Korea, though not under the Russian flag.

The International Olympic Committee (IOC) has decided they will allow Russian athletes to compete under the Olympic flag as a group designated "Olympic Athletes from Russia" or OAR.

In 2014, German broadcaster ARD aired a documentary which brought forward allegations that Russia organized a state-run program that supplied their athletes with performance enhancing drugs.

This, in the following years, led to a number of the reports, including one commissioned by the World Anti-Doping agency that proved beyond a reasonable doubt that the Russian government operated for the protection of doped Russian athletes.

On Dec. 5, 2017, the IOC announced that Russia was suspended from the games. They later allowed athletes with no previous drug violations and a consistent history of drug testing to compete in the games as part of the OAR group. That meant 169 Russians were allowed to compete in the games in the OAR.

Russian President Vladimir Putin has criticized the Olympic sanctions against Russia, labeling it a U.S. attempt to sow dissent in Russia.

"In response to our imaginary interference in their election, [the U.S.] wants to create problems in the Russian presidential election," Putin said in a BBC news article.

"In response to our imaginary interference in their election, [the U.S.] wants to create problems in the Russian presidential election."

David Andersen, assistant professor of political science at Iowa State, says despite all this Olympic games have very little real impact on foreign policy, however he does see growing conflict between the U.S. and Russia.

What Andersen said he sees in Washington is "confused" foreign policy when it comes to Russia. While Congress is imposing sanctions on Russia, President Trump is refusing to enforce them and attempting to bring the U.S. and Russia closer.

Congress imposed sanctions on Russia after accepting findings by U.S. intelligence agencies that Russia interfered in the 2016 election. Andersen feels this puts Trump in a difficult spot.

"President Trump is afraid of admitting there was interference in the election; it's the same as saying his election was illegit-



COURTESY OF WIKIMEDIA COMMONS

Russian President Vladimir Putin has criticized the Olympic sanctions against Russia, labeling it a U.S. attempt to sow dissent in Russia. One political science professor sees Russia sowing dissent in democracies around the world.

imate," Andersen said, "The repercussion of this is that we are not protecting our elections as much as we should against what is a foreign antagonist."

Andersen said these factors are leading to an increasingly divided government when it comes to the question of how to treat Russia. This confusion, in Andersen's opinion, seems to be Putin's goal.

"Putin understands our system of government and he knows that when congress and the president disagree on something it's difficult to predict what will happen in the future," Andersen said.

Andersen claimed that Russia is not just attacking the U.S. but democracies across the world. These attacks are not so much aimed at getting a specific candidate or party in power but in decreasing trust in democratic institutions and increasing areas of disagreement in democracies across the world.

"By creating instability in the world, Russia feels like it can become stronger, simply because it weakens all of its adversaries," Andersen said.

Russia is still a major geopolitical actor behind only the U.S. and China, and Andersen feels their power is growing as a result of these actions.

"We [The U.S.] are walking away from position of world leadership, because we can't agree what to do," Andersen said.

NOTICE OF POLICY AMENDMENTS

The University has made important amendments to ISU's Sexual Misconduct, Sexual Assault, Sexual Harassment, Stalking, and Intimate Partner Violence Involving Students Policy and conforming amendments to the Student Disciplinary Regulations (Code of Conduct).

These amended policies are scheduled to become effective on February 15, 2018.

Information regarding the Sexual Misconduct, Sexual Assault, Sexual Harassment, Stalking, and Intimate Partner Violence Involving Students Policy is available at:
<https://www.policy.iastate.edu/policy/students/sexualmisconduct>

Information regarding the Student Disciplinary Regulations is available at:
<https://www.policy.iastate.edu/policy/SDR> (amended sections highlighted in yellow)

INTERNATIONAL

Koreas unite for games



PHOTO ILLUSTRATION BY JON HESSE

North and South Korea plan to march together under a united Korean flag at the 2018 Winter Olympic games.

BY MIKE.BROWN
@iowastatedaily.com

The Olympics are often seen as a symbol of global unification; vastly different countries, cultures and ideologies come together as one to compete in a variety of disciplines.

This Winter Olympics in Pyeongchang, South Korea, however, we will see a rare symbol of unity between two historically divided nations. In 2018, North Korea and South Korea will march together under one flag, symbolizing a united Korea.

Faculty perspective

According to Jonathan Hassid, assistant professor in political science, there are many potential motivations as to why North Korea, a historically isolated nation, would want to unite with South Korea and present themselves on such a national scale. Hassid said that despite historic tensions between North and South Korea he views the union as a potential “gesture of reconciliation.”

“I think the Trump administration’s policies have something to do with it. I think that there’s a lot of war rhetoric [between] President Trump and Kim Jong Un,” Hassid said. “I think that the relatively new South Korean President, President Moon, is trying to do this to dial back some of the tensions.”

Hassid also felt that the Olympics themselves have played a large role in the timing of this symbol of unity between the two nations.

“This is a time where South Korea, for a while, is on the national stage,” Hassid said. “It’s symbolic.”

Hassid also mentioned recent South Korean dissent and disapproval of the government’s push for a unified Korea.

Student perspective

President of the Korean Student Association Jae Hyun Bang, senior in marketing, said that some protesting South Koreans resisted the unification because of past invasions and violence North Korea has inflicted on South Korea.

“In the past, North Korea invaded South Korea. I think they have personal bad feelings about that,” said Bang.

Bang also spoke about protests taking place due to South Korean athletes on the women’s hockey team losing representation.

He felt that the announcement was mishandled and South Koreans may have felt unhappy due to the sudden loss of South Korean athletic representation on the united women’s hockey team put together by the government.

“I think there were some mistakes in the negotiations,” Bang said. “In my opinion there was a mistake made by the

government. They didn’t tell the athletes about that, they just announced it.”

Bang said he understood the message of unity; he felt this team showed unity between the two nations. Bang also spoke about the potential positive significance of this symbolic unity.

“They might feel that this is a beginning step to be one nation,” said Bang.

Bang however, felt that North Korea has been consistently dishonest.

“The actions by North Korea have been really bad. In official announcements they pretend to be friendly to South Korea, but it turns out that they try to do nuclear experiments ... or take South Korean soldiers. Some people feel it might be the same thing,” Bang said. “Officially they try to be friendly, but behind their back they might have a really bad plan.”

Bang went on further to give his personal thoughts on the unification. Bang struggled to find the significance in this symbolic unity between the two nations that have been divided since 1945.

“It looks good to be one nation even though it’s just for one event,” Bang said. “I actually kind of have no feelings about that because it’s been too long, the separation between the two of us, so it feels like it’s okay to just be separate. The Olympics is a really big event [but] ... this is just a temporary thing.”

Bang also feels that North Korea may only be motivated to make this gesture of unification due to their negative public image and a reportedly declining economy.

“In North Korea there is a lack of labor resources and a money shortage, right now they are in an economic depression,” Bang said. “I think that’s why they are trying to be more peaceful ... that’s why this is the time that they try to enter the Olympics with South Korea.”

Bang further elaborated that he personally feels that North Korea’s global infamy in recent times with nuclear testing and other negative press may be a reason they’ve entered into the Olympics.

“I think they want to get rid of their image ... I think that the Olympics is a chance to be friendly to other nations so they can get economic help from other countries,” Bang said.

While a unified Korea at the 2018 Olympic Games offers major symbolic and political significance for the two nations, many still feel that the gesture is purely symbolic in nature and offers no concrete meaning.

TIMELINE

>> 1945

Korea is split into North and South Korea.

>> 1950

Korean war begins.

>> 1953

Korean war ends in a stalemate, leaving North and South Korea separated by a demilitarized zone.

>> Early 1990s

North Korea begins to develop Nuclear weapons.

>> 1994

An agreement is signed between North Korea and the US aimed to freeze North Korean nuclear testing.

>> 2006

North Korea has their first successful nuclear test.

>> 2016

North Korea performs its fifth nuclear test.

>> 2017

North Korea conducts tests of two ballistic missiles, Trump warns that these tests could provoke US retaliation, North Korea then threatened to test a missile that would land near Guam.

>> Jan. 2018

After further missile tests and sanctions from the U.S. in 2018 North and South Korea begins talks, on January 2, of North Korea participating in the Olympic Games taking place in Pyeongchang, South Korea.

>> Jan. 17, 2018

North and South Korea come to an agreement to march together under a united Korean flag at the 2018 Winter Olympic games.

>> Jan. 17, 2018

Korea also announces that it will be fielding a united women’s ice team featuring both North and South Korean athletes.

FEATURE PHOTO



MEGAN PETZOLD/ IOWA STATE DAILY

» SNOW DUSTS IOWA STATE'S CAMPUS

The Memorial Union and St. Thomas Aquinas serve as a backdrop for a snow storm that rolled into Ames on Thursday afternoon.

POLICE BLOTTER

2.7.18

Jason James Crimmins, age 37, of 4301 Crestmoor Ave - Ames, IA, was arrested and charged with operating while intoxicated, driving under suspension, and operating non-registered vehicle at Union Dr and Bissell Rd (reported at 2:53 a.m.). R

An individual reported the theft of a shirt at 2229-1150 Lincoln Way (reported at 4:38 p.m.).

Helen Black, age 18, of 926 Hayward Avenue Unit 2451 - Ames, IA, was arrested and charged with possession of a controlled substance and possession of drug paraphernalia at Mortensen Rd and Hayward Ave (reported at 6:30 p.m.).

Tate Mackrell, age 18, of 218 Richardson Ct Unit 133 - Ames, IA, was arrested and charged with possession of a controlled substance and possession of drug paraphernalia at Mortensen Rd and Hayward Ave (reported at 6:30 p.m.).

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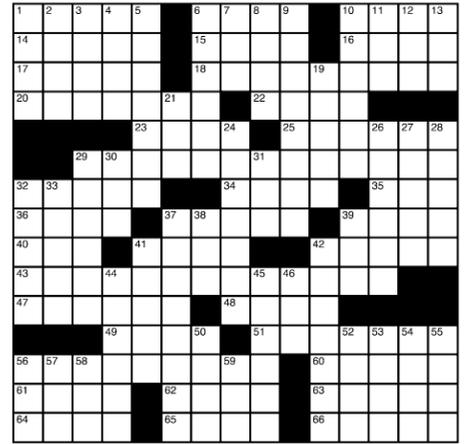
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CORRECTIONS

The Iowa State Daily welcomes comments and suggestions or complaints about errors that warrant correction. To submit a correction, please contact our editor at 515-294-5688 or via email at editor@iowastatedaily.com.

CROSSWORD

- ACROSS**
- One who's always on the go?
 - Pear that's good for poaching
 - Glass sheet
 - Superior to
 - Member of the opposition
 - One on a pedestal
 - Pick-me-up
 - Governor's pet projects?
 - Like one who forgot the Dramamine
 - Exposed
 - Nutritionist's recommendation
 - Causes to quail
 - Utensil that gives you ideas?
 - Take to task
 - Cock or bull
 - Blues-rocker Chris
 - Clothes
 - Alex Haley classic
 - Abarth automaker
 - Coffee hour item
 - Talent
 - Precipitation
 - Bully's secret shame?
 - Day spa offering
 - First name in fashion
 - Pundit's piece
 - Olympic Airways founder
 - Say "Come in, Orson!" e.g.?
 - Empty room population?
 - Poetic lowland
 - Iroquoian people
 - Compass dirección
 - Rep on the street
 - "Law & Order" org.
 - Composer Bruckner



- DOWN**
- Expos, since 2005
 - High wind
 - Pulitzer poet Van Dуйn
 - Budget alternative
 - Ruled
 - Hoops score
 - London's prov.
 - Shot in the dark
 - Fortresses
 - Find one's voice
 - Stir
 - Eur. kingdom
 - Antlered bugler
 - Take out
 - "Charlie Wilson's War" org.
 - Recipient of two New Testament epistles
 - Without a downside
 - Pet's reward
 - Use the rink
 - After-dinner drink
 - Jekyll creator's initials
 - Distillery vessel
 - Things
 - Chick of jazz
 - Winchester welders
 - Frequently, in verse
 - Hardy's "From the Maddening Crowd"
 - Freak out
 - Liturgical shout of praise
 - Was revolting?
 - Brought to mind
 - Place for a wide-screen TV
 - Fishing boat
 - In short order
 - Spreadsheet function
 - Liking quite a bit
 - Not hidden
 - Home shopping channel
 - Nasser's confed.
 - Cry for a picador
 - Fashionable jeans feature

SUDOKU BY THE MEPHAM GROUP

Complete the grid so each row, column and 3-by-3 box (in bold borders) contains every digit, 1 to 9. For strategies on how to solve Sudoku, visit www.sudoku.org.uk

1								
	9	8	7					
		2	4					6
	1	2						3
		8	5	6	2	9		
						4	2	
3				2	1			
	7		9		4		8	
								4

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COLUMN

The NBA is better than the NFL

It just is.

BY JOSH.HOLST
@iowastatedaily.com

First, let me get this out of the way, the NFL is much more popular than the NBA, and it isn't close. Football is the most popular sport in America, and the NFL is the only provider most people care about. This past weekend, over 100 million people watched the Super Bowl. Even after several years of struggling very publicly with issues such as player health, domestic violence and "controversial" protests done by prominent players, the NFL is the king of American sports.

However, it probably shouldn't be that way. The NFL has proven, over and over again, that it is woefully incompetent in how it handles important issues, whether they be strictly football-related or not. Meanwhile, there is a league in America that has managed to toe the fine line of allowing its players to express political opinions without those opinions coloring how fans view the league, and put out a fairly consistent product in the process, the NBA.

The NBA, as a professional sports league, is superior to the NFL in how it treats its players, its international reach, its star power, in how it handles social issues and in the product it puts out.

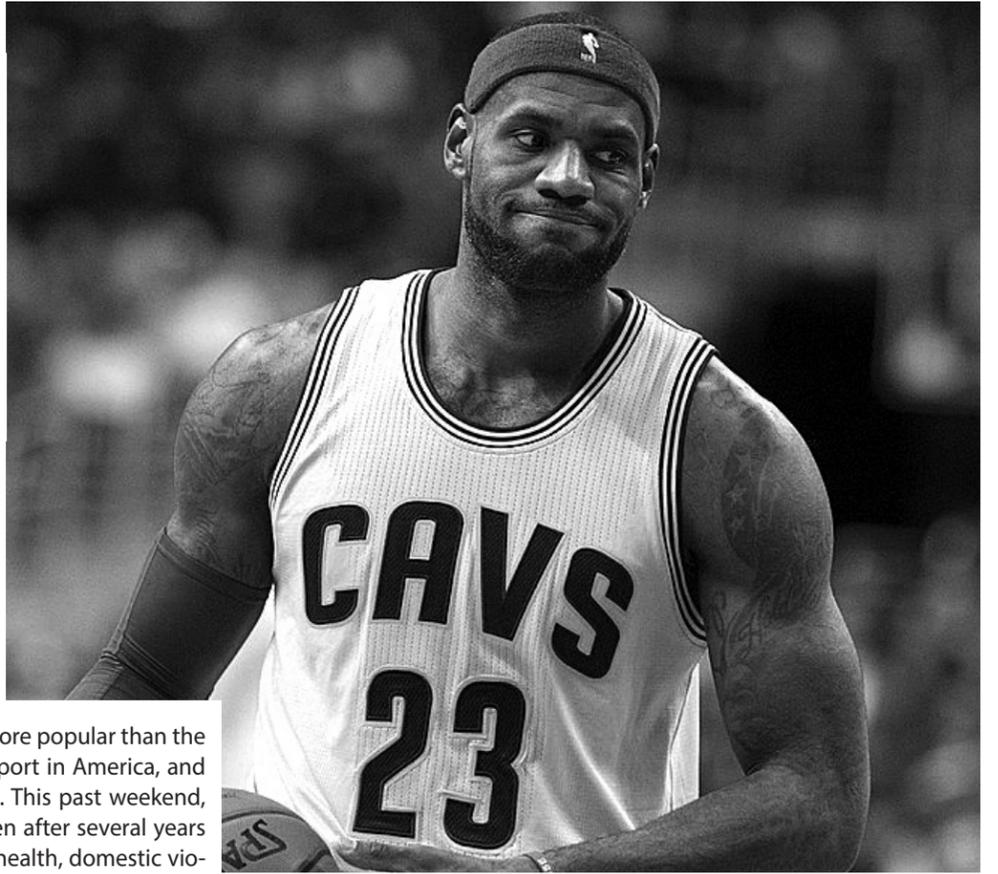
One of the primary reasons that the NBA is a better league than the NFL is that it treats its players better. One simple fact I could use to demonstrate this is that the NBA, on average, pays its players a lot more money than the NFL does. However, because the NBA doesn't have nearly as many players as the NFL, there is at least a reason for that.

But one of the main problems the NFL has that the NBA doesn't is that football is a much more dangerous sport. NFL players (with the exception of maybe kickers) are risking their brains and lives every time they play a snap, and yet they get compensated far less than players in less lucrative leagues, such as the NBA or MLB.

Median salaries, which are probably a more accurate representation of what most players in these leagues actually make, still back up this point. And the worst part is, NFL contracts aren't fully guaranteed, like contracts in other sports. Now, you may find it difficult to feel sorry for athletes that are making at least \$465,000, but this is still undeniably unfair, especially in a league where the average career span is 3.5 years.

The NFL has done other things to continue to mistreat its players, such as attempting to cover up the impact that playing football can have on a person's brain. The NBA doesn't have this problem because, well, basketball doesn't force players to throw themselves into high speed collisions every play. Shockingly, basketball isn't as hard on the body or brain as football can be.

The final element that embodies how the NBA treats its players better than



COURTESY OF WIKIMEDIA COMMONS

LeBron James, pictured above, is one of the stars in the NBA. Columnist Josh Holst argues that the NBA is better than the NFL because it puts out a better product on a week to week basis, for example, past paced intense games.

the NFL is that it lets its players be advocates for social issues in a way that the NFL just doesn't. While the NFL continues to attempt to silence the voices of players like Colin Kaepernick (who, by the way, does not hate the troops), the NBA actively encourages players to take a stance on social issues. The NBA is not without its issues on player treatment, but at least it allows its players to speak their minds without fear of retribution.

While what I've articulated in the last paragraph isn't all that controversial, that is only part of my spicy hot take. The NBA actually puts out a better product than the NFL on a week to week basis. There is a growing consensus that the football being put out there by the NFL is of lower quality than it used to be, whether it be because the league is younger than it used to be, or because teams can no longer practice as long or as hard as they used to or because superstar players like Aaron Rodgers or Odell Beckham Jr often suffer injuries due to the physical nature of the sport.

While the NBA also struggles at times with injuries, the product remains strong. The Golden State Warriors have lit up the league with a fast-paced, exciting brand of basketball that is quickly spreading across both the college and pro levels, and now they play the role of the villain that everyone wants to bring down. Furthermore, it seems like every team has a star. Almost any night, you can watch Steph Curry, LeBron James, Giannis Antetokounmpo, Kyrie Irving or any number of astounding athletes throw down dunks and spray deep three-pointers.

I am personally being thoroughly entertained by Cavaliers versus Timberwolves at the moment, and that's just a regular season game. I can't remember a single sporting event I've enjoyed watching more than the 2016 Western Conference Finals or NBA Finals. But don't take my word for it. If you consider yourself a sports fan, and you've checked out of the NBA, consider giving it another try.

The NBA is the future of sports in America, and the NFL is quickly becoming the past.

EDITORIAL

Audit the military budget

Since Congress passed the Chief Financial Officers Act of 1990 requiring federal government departments to have annual financial audits, all but one department has complied.

Yet the Department of Defense, the one department that has not provided an audit to the American people, is the one treated most generously by Donald Trump. In November 2017, Congress approved \$700 billion for the Defense Department budget, which represents an increase of almost \$100 billion from the previous year.

Politicians often call for government agencies to be more efficient, and to operate in a more "businesslike" fashion. But what business would throw money into its most profligate and unaccountable division? While departments such as the State Department and agencies such

as the IRS and EPA have their budgets reduced, the Defense budget rapidly rises. But is that money well spent? Nobody knows because the Defense Department cannot reliably explain how it spends its funds.

In 2016 the Inspector General of the Army found that the Army had what are called adjusting entries, which are basically a form of correction or catching up on omitted entries, amounting to \$6.5 trillion dollars for the year. Given that the entire official budget for the Army was \$120 billion that year, this number is horrifying. For comparison, remember the public concern expressed because the latest tax bill will increase the national debt by \$1.5 trillion dollars.

We see that irresponsible behavior is rewarded. The agency Congress is most willing to give more funds to is the only one that cannot comply with the 1990

act requiring fiscal accountability and annual audits.

When Mark Skidmore, an economics professor, publicized this outrage on US-AWatchdog, the data files that had been previously available online were removed without explanation. In December, the Pentagon announced that they are actually going to comply with the 1990 law. According to the Pentagon's latest promise, starting in December 2018 the public can expect annual audit reports.

We're not holding our breath. First, the task of getting the Pentagon's books in order is monumental and little progress has been made to date. Second, the Pentagon has learned that there are no negative consequences for failure to obey the law. They get more funding even if they cannot tell the public how they spend it. So why would they start telling us now?

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WRESTLING

Olympian hopes fueled by details

Gadson wrestles for 2020 in Tokyo

BY TREVOR.HOLBROOK
@iowastatedaily.com

Kyven Gadson was close at the 2016 Olympic Trials. Gadson was close at the 2017 World Team Trials.

The former Cyclone just wasn't close enough.

After failing to qualify for the 2016 Olympic team and the 2017 World Team, Gadson learned from the losses and took a setback from the big picture to hone in on the day-to-day aspects of training.

"I think the failure helped," Gadson said. "I honestly think the failures at Olympic Trials and even in the 2017 World Team Trials finals [helped]. When you're a competitor, which I consider myself a competitor, I enjoy winning, but I hate losing. It just bothers me. I'm not a fun guy to be around [after a loss]."

"I think the failure helps you really look at the details. It's all about the details. Everything is about the details. If you're not taking care of the details, then you won't take care of the big picture. The big picture will never become clear."

Now that Gadson's collegiate career — a career highlighted by his NCAA Championship, a 30-1 record in 2015 and three All-American honors — is in the rearview mirror, the Waterloo, Iowa, native's sights are set on the 2020 Olympics.

"[At this point in my career] my top goal is to become the best me that I can," Gadson said. "In terms of tangible goals, goals that you can feel and see, the goal is to be an Olympic and world champ."

"I think the failure helps you really look at the details. It's all about the details. Everything is about the details."

-Kyven Gadson

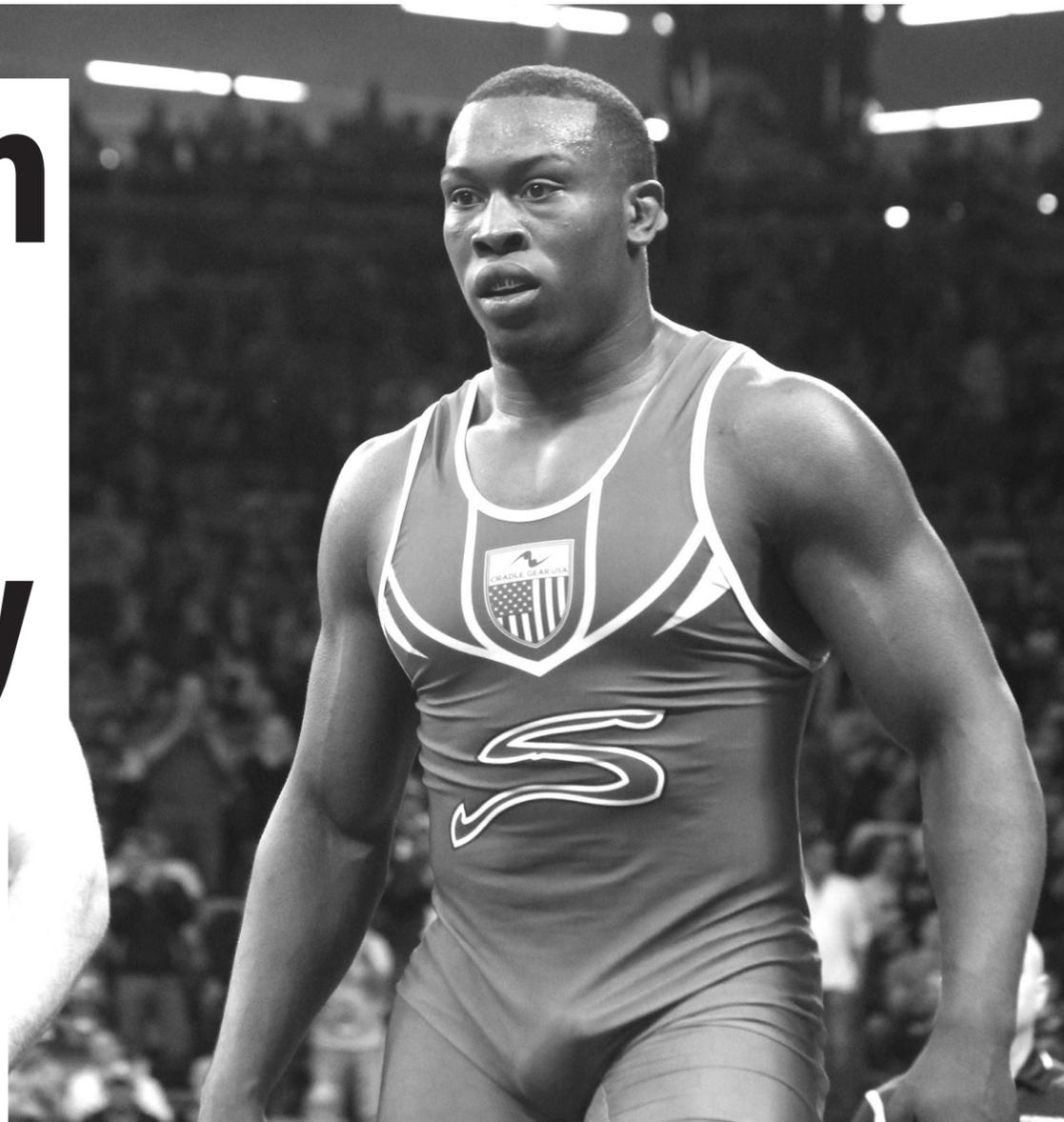
At the conclusion of Gadson's Iowa State career, Gadson decided to pursue the 2016 Olympics, but it wasn't an easy decision at the time.

"There was some level of uncertainty on my end last time around with [the 2016 Olympics in Rio de Janeiro, Brazil]," Gadson said. "I wasn't absolutely positive if that was something that I wanted to do."

Ultimately, Gadson elected to compete for an Olympic spot at 97-kilograms.

"When I looked at everything and looked at what I wanted for myself, what I wanted in my life and what I wanted to do with my wrestling goals, it became clear that you can only wrestle for so long," Gadson said.

In the spring of 2016, Gadson traveled to Iowa City, Iowa, for an opportunity



BRIAN MOZEY/IOWA STATE DAILY

In the last three years, Kyven Gadson has tried to make it to the Olympics and on to the world team, won an NCAA Championship and received three All-American honors. Now he turns to 2020.

to complete the first step of his Olympic dream.

Gadson started off strong, knocking off Kallen Kleinschmidt in a 3-2 match. The former Cyclone built off his momentum, defeating Scott Schiller 13-2.

Next, Gadson was pitted against 2012 Olympic gold medalist and former Iowa State wrestler Jake Varner.

Varner edged Gadson out 4-0, ending Gadson's attempt at an Olympic bid.

Meanwhile, Kyle Snyder — the wrestler Gadson managed to pin in the 2015 NCAA Championship — represented the United States after beating Varner twice in a three-match series.

Snyder's success carried into the 2016 Olympics. The Ohio State standout left Brazil with a gold medal around his neck.

With the Olympics out of the picture until 2020, Gadson channeled his focus towards the 2017 World Team Trials.

Gadson battled through the field and matched up with Snyder. Gadson held a 2-0 advantage in matches against Snyder entering the World Team Trials finals.

With a spot for the Senior World Team on the line, Snyder evened the head-to-head series against Gadson at 2-2.

In a best-of-three format, Snyder snagged a 10-0 win in the first match. In the second match, Snyder added a 13-2 win.

The defeat knocked Gadson down, but Gadson got back up.

"[Gadson] had the opportunity to prove [he's the best] and didn't succeed, so now he's got to wait another year," said Gadson's training partner and Cyclone Regional Training Center member Ben Durbin. "Yeah, he wasn't pleasant to be around, but he was working the next day. He already had everything changed."

While Gadson missed the cut for the World Team, Snyder showcased his abilities.

In the 97-kilogram finals, Snyder sealed first place for Team USA, delivering a 6-5 win over Russia's Abdurashid Sadulaev.

The 2020 Olympic Trials could feature a Gadson and Snyder rematch.

With Snyder — currently a senior at Ohio State — still competing at the collegiate level, Gadson shares a common goal with one of the athletes inside the Harold Nichols Wrestling Room: beat Kyle Snyder.

"Kyven's always been a constant factor in the [practice] room," said Iowa State's redshirt junior heavyweight Marcus Harrington. "For the most part, he's the only guy who can break me for a whole practice. We're both training right now to beat the same guy, Kyle Snyder, the best in the world."

While Harrington locks in on a potential collegiate match against Snyder, Gadson received the opportunity to learn from his losses.

After falling short at the 2016 Olympic Trials and the 2017 World Team Trials, Gadson found points of improvement.

Now, Gadson seeks redemption in the 2020 Olympics in Tokyo, Japan. Gadson faced a pair of setbacks in his post-collegiate career, but the Olympic hopeful restructured his focus.

"I believe that the way [I become a gold medalist] is by everyday having that big picture," Gadson said. "[But] it's [also] about everyday taking care of the details because it's the details that's going to allow me to become the best me, and allow me to ultimately reach my tangible goals which is to become a World and Olympic champ."

OLYMPIC WORKOUTS

BY JILL OBRIEN
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Today marks the opening ceremonies of the Winter Olympics in Pyeongchang, South Korea. While students may not work out like Olympians during

their regular trips to the gym, these exercises, inspired by the top sports in the Winter Olympics, may make you feel like a champion.

This 15-minute workout set alternates between working the legs, core, back and arms, and can be done from the comfort of your living room. No skiing, snowboarding or figure skating required.

DO EACH EXERCISE FOR 30 SECONDS, FOLLOWED BY A 10 TO 15 SECOND REST PERIOD.



1 SPEED SKATING SKATERS

Move from side to side, just like a speed skater would. Keep your hips back and torso out, and try to land with some semblance of control.



2 LUGE MOUNTAIN CLIMBERS

Despite being a staple in junior high gym class warmups, mountain climbers require a lot of strength and focus in the core and shoulders. Be sure to maintain proper form and keep your wrists directly above your shoulders throughout the whole set.



3 SKI JUMP JUMP SQUATS

Surprisingly, this glute workout requires a lot of attention to the knees and ankles. Jump from one side to the other, making a 180 degree angle, and be sure to keep the knees and ankles from collapsing in.



4 FREESTYLE SKIING PLANK

An alternative to crunches, be sure to maintain proper form the entire time, engaging every muscle in your core.



5 DOWNHILL SLALOM LATERAL JUMPS

This one takes jump squats to the next level. Instead of keeping your feet in one place, jump side to side to improve mobility and flexibility in the hips, and engage thighs, hamstrings and core.



6 CROSS COUNTRY SKIING HIGH KNEES

The trick for optimal mobility? Get the legs up about waist-high, increase intensity and speed and be sure to stick a soft landing on the balls of the feet.



7 SNOWBOARDING ROTATION JUMPS

Want to learn the secret to sticking landings like a skier or snowboarder? Drive your heels into the floor, jump and land a 180 degree twist. To finish, drop back to a squat.



8 BOBSLEIGH TRICEP DIPS

Trying to avoid pushups? This exercise will work the triceps, as well as the back and core muscles. If you need to modify the exercise, bend your knees.



9 FIGURE SKATING PISTOL SQUATS

A move seen in many skating routines, this exercise takes some serious strength and control in the entire body. If you need extra help balancing, hold onto a band or chair for support, and focus on driving weight through your heel.



10 SKELETON YOGA PUSH UPS

The final exercise works the triceps and core (again). Keep your elbows close to your body and lower yourself down toward the floor- your upper body should shift forward slightly as you do so. Your arms should form a 90 degree angle as you lower down from the plank position.



COURTESY OF TODD BISSONETTE

Jesse Beckom's bobsleigh team competing in the 2012 FIBT Bobsled World Championships in Lake Placid, N.Y.

» **BOBSLED** PG 1

The memories of bobsled

Beckom III was determined to make an Olympic roster to represent the United States on the biggest stage.

During that time to reach that goal, he stayed focused. He also had the help of his strength coach and one of his good friends, Jon Carlock.

Carlock was a strength and conditioning coach for Team USA, specifically the winter sports. He worked with Beckom III and Tomasevicz in Colorado Springs.

Carlock made an individual workout and dietary plans to make sure the two were fit and ready each day to get a step closer to that Olympic goal.

"The first thing that jumped out to me was that Jesse is a big, powerful athlete," Carlock said.

Tomasevicz was also amazed by Beckom III's strength in the weight room. The best part for Tomasevicz was watching some of the well-known athletes like Michael Phelps and Apolo Ohno come by Beckom III in the weight room and take a moment to watch him squat 400 or 500-pound weights.

There's not many times that Tomasevicz didn't see Beckom III in the weight room because it was his place of relaxation and his getaway from the world.

Training isn't always serious because

Carlock and Tomasevicz remember some funny moments in Colorado Springs, too. One that was brought up by both of them was an incident involving a bear.

While the three of them were working out on the track one day, a bear came into sight. According to Tomasevicz, the black bear was probably around 200 pounds and was about 200 meters away from the track.

"Jesse is a strong, fast guy," Tomasevicz said. "That's probably the fastest I've seen him run."

Carlock added that while Beckom III was running away from the bear, he proceeded to pick up everyone's bags, so there was nothing left behind.

Beckom III was just that kind of person in Carlock's eyes. He always thought of others before thinking of himself.

When they first got to Colorado Springs, a group of people that it would be fun to play water polo to create a good team atmosphere.

"Muscle mass definitely sinks and Jesse, in that sense, is about as dense as they come," Tomasevicz said jokingly. "I don't think he veered more than about five feet from the edge of the pool."

One of Beckom III's favorite memories came internationally when his team was out in Austria. In December, the Austrian children have a tradition of taking brooms and hitting people on the streets as part of a tradition.

If it were older people, they would hit lightly. But if it was younger people, they would take a hard swing.

They decided to run around their hotel area and try to outrace the children. Beckom III said it was a great time and the children loved the opportunity to run around. They never caught the bobsledders, but it was fun for Beckom III to be a part of their culture for the evening.

"Just those little moments overseas in general," Beckom III said. "Traveling around the world was mind-blowing and a lot of fun."

Those memories are what the three remember in today's world when they talk over the phone. Those are the memories of why Beckom III stayed in the sport of bobsled for a longer period of time.

He also stayed because he wanted to achieve his dream. A gold medal.

An Olympic dream

Beckom III had opportunities in 2006, 2010 and 2014 to join the Olympic team, but wasn't able to earn a spot on the team.

"I'm an Olympic-caliber athlete," Beckom III said. "God had other plans for me, so I didn't make it."

An injury hurt Beckom III's chances at making the 2010 Olympic team after he had surgery on both of his lower legs in 2009. The recovery to get back to full strength took time, but he was leaned on his family who supported him throughout his entire journey with bobsled.

Even though he didn't make an Olympic team, he did make an impact on the National and World Championships.

Beckom III won gold in the 2004-05 America's Cup in Calgary, Canada. He also won gold in the 2008-09 America's Cup in Lake Placid, New York.

His biggest accomplishments were winning silver at the U.S. National Championships in 2009 and 11th place in the 2009 World Championships in Lake Placid once again.

"It meant the world to me, it gave me a chance to represent my family, the gifts God gave me, represent my country and show the world what a Cyclone could do, because I guarantee you that everyone knew I went to Iowa State University," Beckom III said on participating in the World Championships. "It was amazing and humbling. For me, there was no greater feeling then sitting there in my team gear, USA on my back and the flag on my arm, with my teammates and seeing other bobsled athletes walk in with their country's gear on."

"It is that moment when it dawns on you that this is not for best in the city, best in the state, or best in North America. This race is for best in the world and it's showtime."

Tomasevicz and Carlock had nothing, but positive statements on Beckom III's journey through bobsled.

It may have taken Beckom III a little under four minutes to take a bobsled down the ice, but his personal trip down the ice will last a lifetime.



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