

## Jashon Hubbard

So my name is Jay Sean Hubbard Um I'm a former wrestler at the Ohio State University Some things that I focused on in training um in high school Um It's pretty much technique a lot of technique just because um you want to become a master at uh the things that you're good at So I'll perfect certain moves techniques Um And then of course the biggest um difference maker to me was uh being mentally tough in a lot of different areas Um So that when you're you're in tough times or a tough position in a match or you're say you're down in points and you need to come back you need to have that you can have a lot of skills a lot of uh different talent Um But if you don't have that mindset and that that determination um it can get very tough for you So mental toughness is was a big factor for me Um Best piece of advice they gave me um probably my dad would would be uh the biggest factor in my life Um But kind of like what I just stated mental toughness was a big factor he taught me a lot of mental toughness a lot of discipline Um There's a lot of different things that will come into life Uh A lot of different avenues that will be offered to you or you'll see and you'll wanna do but uh just staying the course and grinding grinding everything out Um And uh it'll all pay off and those things will come and be available to you later in life So just stick in the grinding things out and uh keeping your head down Um I'd say a challenge there Some of the challenges I face the biggest factor was just being in a smaller town I'm from Steubenville Ohio Um So it's not like a huge wrestling city or town Um It's not really known for wrestling or a big football area So just not having the all the eyes on art city and our sport of wrestling Uh That was a huge challenge for me Um overcoming that I my dad uh we traveled a lot we had we worked with a lot of different clubs different uh event uh tournaments We would go to a lot of different camps So pretty much got my name out there just traveling and going to different things uh year round So my recruitment process was a unique one pretty much I had a lot of different colleges start to offer me uh probably early in my junior year right after my uh sophomore year coming to an end I started to see a lot of different offers Um but I trained a lot in the summers um in early fall um with Ohio State and a lot of different of the athletes there So I built a lot of different relationships early on with the coaches some of the athletes uh I was very familiar with their training process So um I committed pretty early in my junior year So that was something my dad uh he he honestly wanted me to wait a little bit and review a lot of my different

options um but took a few visits uh took a lot of calls and things like that but I was ultimately uh all all locked in on Ohio State So yeah it was a pretty it was a pretty easy choice but the hardest parts for me were just letting a lot of coaches tell me a lot about what their training regimens look like Guys they would be able to bring in different opportunities they would have for me on their campuses and in my back in the back of my mind knowing that I was gonna have to tell them I probably wouldn't be uh going to their university So it was a pretty easy one That was probably the trickiest uh part of my uh recruiting process I would I probably showed a lot of my uh determination um things that I wanted to do in the match being strategic about everything Uh just sticking to being myself Um outside of wrestling I think I I was a very low key guy I never really partied too much Didn't do too much Um you would always find me usually training uh or going to different practices and things like that I had a few of them come to practices and just seeing uh my work ethic Um I was pretty I was a hard worker growing up So I I learned that skill set and being able to do things at a higher level than a lot of different people around me Um And I think that stood out just having that work ethic and willing to get tired and do things that other people weren't willing to do being able to work hard under different stress levels That was something that Ohio State taught me very well was just being able to put your body under stress and realizing that you can do a lot more than uh you think you can like your your mind and your body are very very important Um And you sometimes you gotta gotta just leave your mind to rest and just let your body work So I was able to be in a lot of tough situations throughout college and learning and being able to trust trust my body and know that I put in the right uh preparation and training whether it was in the classroom whether it was in my sleeping patterns whether it was in my eating habits Uh that that was something I I gained early on at Ohio State Um and it helped a lot with uh transitioning into my wrestling and my performances How do I balance athletics Uh so in education I would say I'm a I'm a very organized person Uh so I usually keep a nice routine Um so for me a lot of my days would look like um I wake up early at around 5:05 a.m. and we have a training at 6 a.m. So I knew I wanted to be prepared for that It was a pretty intense workout Um and then from there I would always have a study table directly after around like 730 Um so I get there around 715 um have a little study hall get things prepared uh get organized for what I I knew I had to do assignments whether it was assignments to test studying Uh we just get my mind right for that transition into academics Um and then from there I had a

45 minute rest and then I would knock out all my uh classes throughout the day Um and then I would have like a little hour uh rest where I would just eat nap relax a little bit kick back Um and then get ready for our afternoon workout Um for me So it was pretty easy for me to transition into uh academics From a uh from athletics just because I kept a nice uh routine and didn't didn't let uh outside uh factors affect um what I had to do that day I think my diet was a huge factor for me I wasn't always as disciplined early on with my diet and things that I ate Um because I knew I was able to always get the weight off and perform Um but the competition level was a lot different from high school to college So early on I wish I would have took care of my diet and I would probably I I performed pretty high in high school but I think that that was that's a very big difference maker uh in a lot of situations that people don't realize Um but yeah I think having a more strict diet and paying attention to the things that I put in my body Um I think that's a huge difference maker that I wish I knew early on