Olympic Medalist Nate Carr Brings a Message of Grit to the Green Wave

On Oct. 30, Greenville students heard from someone who has stood on an Olympic podium. Nate Carr, a 1988 Olympic bronze medalist and member of the National Wrestling Hall of Fame, spent the day with Greenville City Schools. He spoke to students at both Greenville High School and Greenville Junior High School, worked with Green Wave wrestlers on the mat and closed the day with a dinner at St. Clair Manor.

A Greenville High School graduate made the visit happen. Local businessman and former wrestling coach Marty McCabe met Carr two summers ago at a Fellowship of Christian Athletes camp, where Carr was the keynote speaker. McCabe left the camp wanting Greenville students to hear what he had heard.

“When I met him two years ago at the camp, boy, just being around him, he just gets you fired up,” McCabe said.

Carr’s story starts in Erie, Pennsylvania, where he grew up as one of 16 children. Several of the Carr siblings became All-American wrestlers, and two of them, Nate included, competed in the Olympics. At Iowa State University, he won three straight NCAA championships from 1981 to 1983. His international career peaked with a bronze medal at the 1988 Olympic Games in Seoul, South Korea.

In the assemblies, Carr told students that success in wrestling and in life comes from consistent hard work and mental toughness.

“You’ve got to make weight. You’ve got to improve your skills. You’ve got to get mentally tough,” Carr said.

He also talked about personal responsibility. In wrestling, you step onto the mat alone, but your effort still matters to the people around you.

“Wrestling is an individual sport, yet you have the team or company perspective,” he said.

He also left students with a question to ask themselves when things get hard: “Is what you’re struggling for worth it?”

He also led a wrestling clinic and shared technique and advice with the Green Wave wrestling program as it prepares for the season ahead.

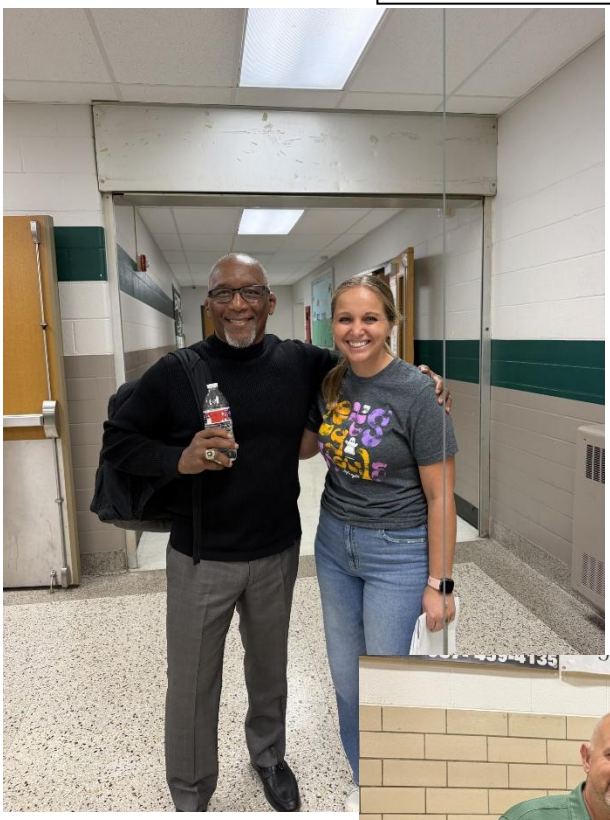
Greenville City Schools thanks Marty McCabe for bringing Carr to Greenville, and thanks Carr for sharing his time and story with our students. We hope to see the community in the stands supporting Green Wave wrestling this winter.







High School Staff











Middle School Students and Staff







Dinner with Nate Carr

Coaches, Community Members, School Staff

