

Victory On The Mat

Contributed by
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Ramon Diaz, one of our brothers from Orange County, took first place at the 2007 Asics U.S. National Championships wrestling tournament in Las Vegas.

Ramon, 38, beat four opponents for the Greco-Roman wrestling title in the 188-214 pound, 33-40 years-of-age category.

He and his coach didn't think he'd win the national competition because he had only been training for three weeks. Since he had not officially competed in 12 years, he was relatively \out of shape,\ Ramon said.

\It was will power, and God,\ he explained. \I feel very encouraged.\

Ramon was a star wrestler at Cal State University, Fullerton. Now he's head wrestling coach at Tustin High School. The desire to inspire his students was one of the reasons he competed.

Ramon has been a Christian for about 14 years. He and his wife, Maureen, have two children: a daughter, Ryen, and a son, Jacob. His family traveled with him to Las Vegas and watched him compete in the tournament.

What's next? Ramon plans to compete at the world championship wrestling tournament in September.