



# "THE BOOTSCOOT"

Lincoln McIlravy from Philip, South Dakota is a businessman notable for his collegiate and Olympic wrestling accolades. McIlravy wrestled for Philip High School in Philip, SD where he won 5 state titles, going on to wrestle in college for the University of Iowa under celebrated coach Dan Gable. He was a three-time NCAA Division I champion, winning in 1993, 1994 and 1997. He was also a runner-up in 1995, losing to Steve Marianetti of University of Illinois.

Watch the short clip and drill the technique McIlravy made famous. Learn it and when ready film a short clip executing the move and post it on social media with the hashtag: #myrmidontrained.