

4. [REDACTED]
5. [REDACTED]
6. [REDACTED]
7. [REDACTED]
8. [REDACTED]
9. [REDACTED]
10. [REDACTED]
11. [REDACTED]
12. [REDACTED]
13. [REDACTED]
14. [REDACTED]
15. [REDACTED]
16. [REDACTED]

2. Typed letter from [REDACTED]

[REDACTED]

I feel terrible that I let my teammates, coaches and family down and never want to feel like this again. I feel like an idiot that I thought this would be a good idea and didn't really think of the consequences of how my actions would affect others. I should have known that I would get caught eventually and that my teammates could have gotten in serious trouble or I could have even killed someone if they overdosed. I could be doing serious jail time if I got caught by the police and lose any chance of getting a job if I did go to jail. My Dad flew out when he found out the news and I caused him to leave work and lose a lot of money as well as waste his time when he could have been doing more important things. My Mom called me crying and made her feel helpless and that she raised me wrong and caused by family a lot of stress that they shouldn't have had to deal with. I feel bad about the freshmen because I was supposed to be somebody that they could look up to and be an example to, but I dragged them down with me. I also have caused you and the other coaches a lot of stress by a lot of my actions lately such as the casino, stealing and now this, no I apologize for what I've done to you guys and want to make sure that I stay on the right path to become a NCAA champion. I never want to feel this way again and I know that if I want to stay on the right path that I'm going to need to make some changes in my life. I have learned a lot from this experience and the serious consequences this could have had on me, the team, my family, and the legacy of Minnesota wrestling. I also learned that I could have seriously hurt someone if they overdosed on the drug and I would be the one to blame. Another thing that I learned is that the drug business is very dangerous and I as well could have been seriously injured or even killed if I met up with the wrong people like I did when they got stolen from me. Some the changes that I plan to make are get to bed on time, go to class and focus on my school work more, and also run every day to get in better shape which is where I need to work on most. I've been getting on track of getting to bed at 11:15 to 11:30 and noticed that I have more energy at lifting, I pay attention in my classes more and I wrestle better at practice. I've been doing better in my classes and my last couple tests and assignments have received better grades and I think I can finish out the school year with at least a 3.0 if I stay on top of all my classes from now until the end of the year. Another thing that I have been working on is running every day I ran every day last week and I noticed that my conditioning has improved a lot and have been competing at practice better because of it. I think this is the biggest thing I need to work on if I want to compete with Gilman and Tomasello because they have great gas tanks and I'll need to give it everything I have if I want to beat them. Also another thing I need to work on is choosing who to hang out with and to say no if I know people are doing the wrong things, so I don't get caught up with them. For example if some of my friends want to stay up late I need to learn to tell them no, so I stay on the right path and make sure I get the sleep I need for the workouts and my classes the next day. I think if I follow the plan I made for myself it will make me a better wrestler, student, and keep me out of trouble, so I don't keep making the same mistakes again."

3. University of Minnesota Department of Intercollegiate Athletics Notice of Positive Drug Test for three U of M wrestling team members

- a. [REDACTED] positive for amphetamine
- b. [REDACTED] positive for amphetamine
- c. [REDACTED] positive for marijuana

4. Rough Draft letter/notice for "breaking team rules".

- a. Post it note attached to notice that reads:
 1. Heard of problems
 2. Developed a plan
 3. Inform my superior?