

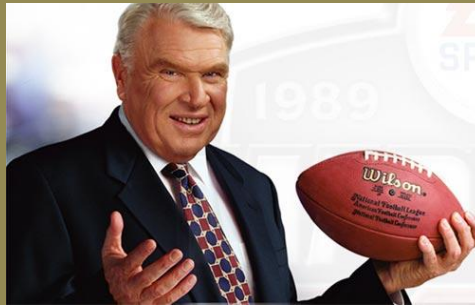


How Wrestling Benefits Football

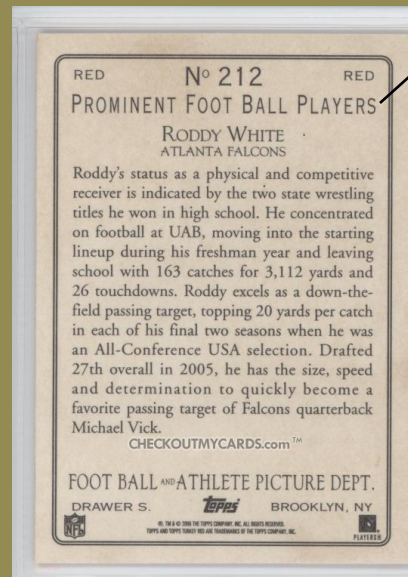


**“I would have all of my
Offensive Lineman wrestle if I could.”**

**- John Madden,
Hall of Fame Football Coach**



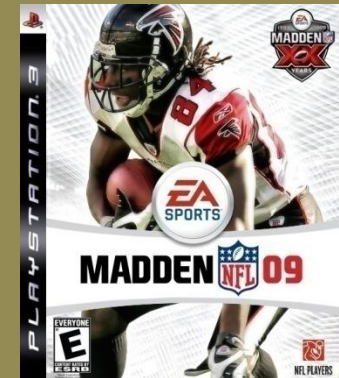
Roddy White – Atlanta Falcons Wide Receiver



Roddy's status as a physical and competitive receiver is indicated by the two state wrestling titles he won while in high school.



2x South Carolina State Wrestling Champ



David Pollack – UGA 3x All-American Defensive End/Cincinnati Bengals

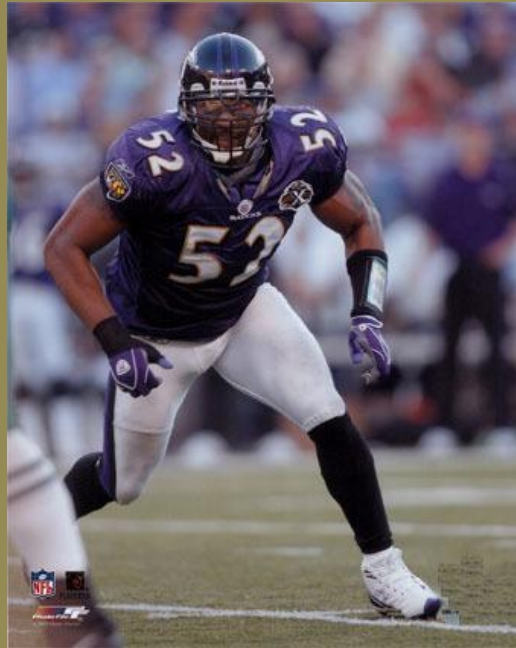


Georgia
Wrestling State
Runner-up



Ray Lewis – Pro Bowl Linebacker for the Baltimore Ravens

Lewis says that a sport close to his heart has made him the ferocious and technically sound NFL player he is today: **wrestling.**



“That has been my key for a long time...Wrestling is still one of the reasons why I swivel my hips; it’s been everything for me”

“The principles that you learn in wrestling, none of that changes. It carries over, and if you stick to those things, the low man always wins.”

2x Florida 4A State Wrestling Champion at 189 lbs

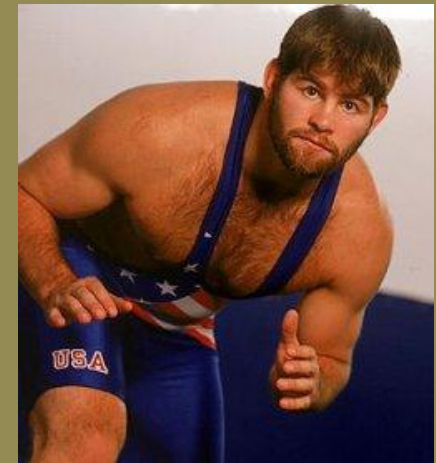
Stephen Neal –

New England Patriots Offensive Lineman;
3x Super Bowl Champion- Tom Brady's
guard



- Was a 4x NCAA All-American and 2x National Champion for Cal State – Bakersfield
- 1999 World Champion

“It has taught me so much stuff—hard work, dedication.”



Lorenzo Neal –

4x Pro Bowl Fullback for Baltimore Raven

California
State
Wrestling
Champion



NCAA
Division 1
Wrestling
All-
American

- *Wrestling is his indoor sport of choice. An All-America wrestler in college, Neal returns to Fresno State during the offseason and stays in shape by working out with some of the nation's top collegiate wrestlers.*

Davin Joseph– Pro Bowl Offensive Lineman



*2x

Florida State
Wrestling
Champion

- Tampa Bay
Bucs



Luke Fickell –

Ohio State Head Football Coach,
4 year nose guard, started 50
consecutive games at OSU



- Ohio State Champion
- 2x Junior National Champion
- Top 40 High School Wrestler in past 20 years

What others have to say...

"Well-respected by coaches and teammates for his tough, aggressive nature (comes from his prep wrestling background)"

- NFL Draft Scout

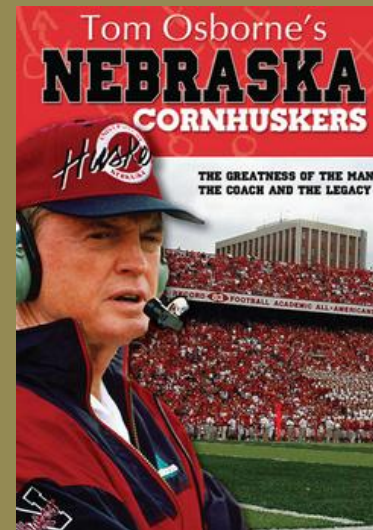
"In wrestling, you've got to have self-discipline and self-motivation. As a lineman, it's the same thing ... me vs. you. He brings that mentality to the football field." – High School Football Coach

Talking about Roddy White. "He was a high school state wrestling champ he aint backing down from nobody, you know those high school wrestlers just make better football players....I know"

-Buck Belue, former UGA Qb, host 680 the Fan

What others have to say (2):

- “I love wrestlers, they are tough and they make great football players.” Mike Stoops, National Championship Football Coach - University of Oklahoma.
- “Wrestlers make coaching football easy, they have balance, coordination, and as a coaching staff we know they’re tough.” - Tom Osborne - College Hall of Fame Football Coach - University of Nebraska



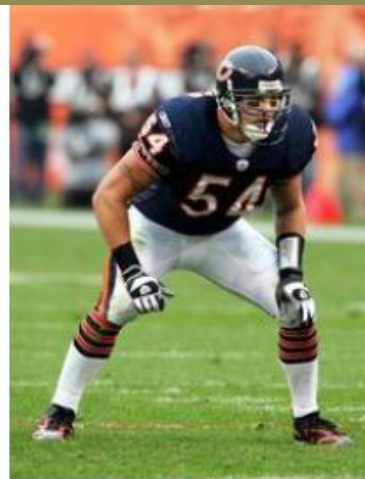
Crossover Skills

- Many of the positions and skills are absolutely transferable between both sports
- Some of those skills include but are not limited to footwork, hand-eye coordination, mental toughness, explosive movements, and balance
- Learning the ability to beat the man in front of you can not be ignored.

Crossover Skills



Crossover Skills



Other Notable NFL players that Wrestled...

- Ronnie Brown – Dolphins
- Ronnie Lott – 49ers
- Bo Jackson – Raiders
- Archie Griffin – Bengals
- Eric Rhett – Browns
- Tony Siragusa – Ravens
- Bruce Smith – Bills
- Adam Vinatieri (yes, a kicker) - Patriots

The link cannot be ignored...

- Football never made a wrestler a better wrestler, BUT Wrestling made every football player a better football player!!!
- **Influence of Wrestling in the NFL**
- - 10 Hall of Fame Football Players
 - 43 Multiple Pro-Bowlers
 - 60 Individual State Championships
 - 13 NCAA Wrestling Championships
 - 3 Heisman Trophy Winners Wrestled
 - 14 1st Round Draft Picks Wrestled
 - 23 RB's / 20 LB's / 2 QB's / 66 Lineman / 6 DB's / 1 K

MV Football players that have made it to State

- Thomas Adams – State qualifier, Area placer, county placer
- Zonta Laney – State qualifier, Sectional Placer, Area Placer
- Jamal Tull – State qualifier, Sectional Placer, Area Placer



Make your mark...

- You have four years of high school to participate in sports. Once its over, its over...no do over's. Make your mark in high school by being the best you can be whether that's in one, two or three sports!
- Become a part of the oldest sport in the world!