



# Football and Wrestling: Two Peas in a Pod

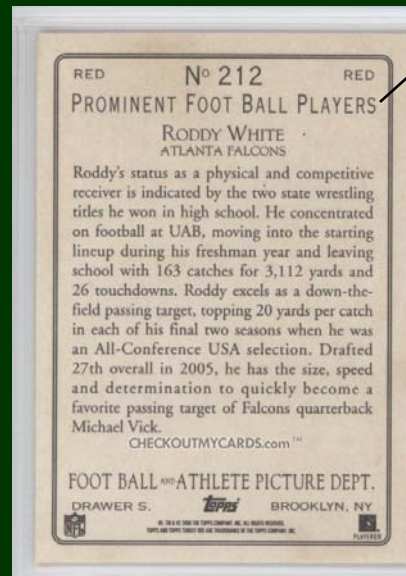


“I would have all of my  
Offensive Lineman wrestle if I could.”

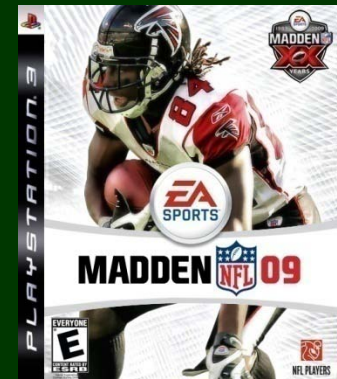
- John Madden,  
Hall of Fame Football Coach

# 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



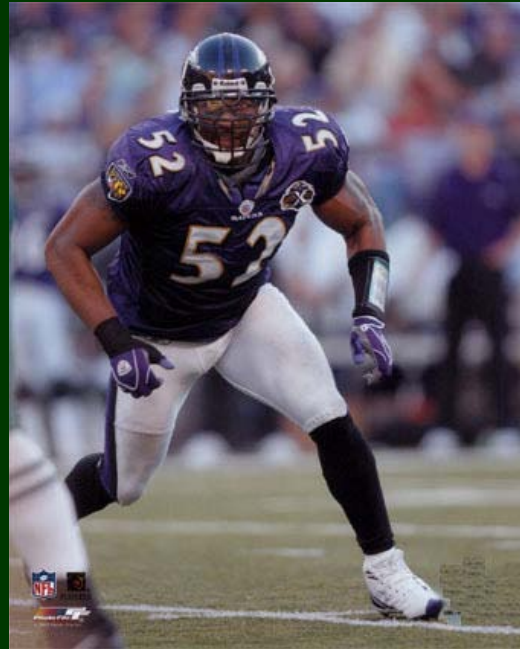
# David Pollack – UGA All-American Defensive End/Cincinnati Bengals



Georgia  
Wrestling State  
Runner-up



# Ray Lewis – Pro Bowl Linebacker for the Baltimore Ravens



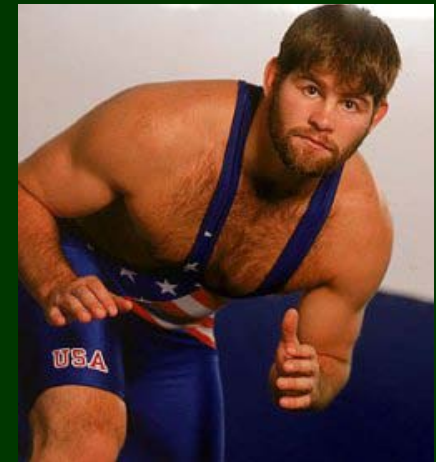
2x Florida 4A State Wrestling Champion at 189 lbs

# Stephen Neal –

New England Patriots Offensive Lineman;  
3x Super Bowl Champion



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



# 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





# 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

# 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

# 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

# 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!