

FOOTBALL AND WRESTLING

YOU CANNOT IGNORE THE CONNECTION! WRESTLING CAN AND WILL MAKE YOU A BETTER FOOTBALL PLAYER. THE MENTAL AND PHYSICAL SKILLS YOU DEVELOP IN WRESTLING WILL MAKE YOU BETTER ON THE FIELD.

10 GREAT REASONS FOOTBALL PLAYERS SHOULD WRESTLE:

1. Learn to set and accomplish goals.
2. Improve strength.
3. Improve agility.
4. Improve mental toughness (maintain your competitive edge).
5. Learn to stay low and drive through your opponent.
6. The best wrestler get's the spot.
7. Improve dedication.
8. Improve motivation.
9. Improve flexibility.
10. No favorites.

NFL PLAYERS THAT WRESTLED (AND THESE ARE JUST THE ONES WE KNOW OF):

Alex Stepanovich

Nick Leckey - TX State Champ

Gregory Walker - State Finalist

Jonathan Condo

Zachary Wilson

Chris Laskowski

Luis Castillo, DT, San Diego Chargers (First Round Pick)

Lincoln "Drew" Hodgdon, C, Houston Texans - CA State Champ

Nick Hardwick

Fred Weary, C, Houston Texans - AL State Champ

Coy Wire, SS, Buffalo Bills - PA State Champ

Kevin Breedlove - SC State Finalist

Kevin Sampson - NJ State Champ

Benjamin Claxton - GA State Finalist

Trevor Johnson

Clinton "C.J." Brooks, Jr.

Tai Tupai

Leon Robinson - GA State Runner-Up

Roddy White, WR, Atlanta Falcons - 2x SC State Champ (First Round Pick)

Eric Ghiaciuc, C, Cincinnati Bengals - MI State Champ

Joey Hildbold

Adam Seward, ILB, Carolina Panthers - NV State Champ

Cody Johnson

Rodney Michael

Marques Harris - CO State Champ

Larry Turner

Andrew "Tyler" Lenda - District Champ

Tim Anderson - OH State Champ

Tony Pape

Matt Roth - IA State Champ

Mike Patterson, DT, Philadelphia Eagles (First Round Pick)

David Pollack

Tim Burrough - OK State Champ

Antoineo Harris - IL State Champ

Claude Harriott

Scott Wells - TN State Champ

Alex Lewis - District Champ

Ronnie Brown, RB, Miami Dolphins (#2 Pick)
Rodney Leisle
Nick Newton
Sean Tufts
Brian Save
Kevin Atkins
Josh Minkins - District Runner-up
Tim Euhus
Andrew Tidwell-Neal - MN State Champ
Renaldo Works
Patrick "Bucky" Bab**** - IL State Champ
Morgan Pears
Art Baker, RB, Buffalo Bills
Rhonde Barber, SS, Tampa Bay Buccaneers
Tiki Barber, RB, New York Giants
Walter Barnes, DL, Washington Redskins - SEC Champ
Eric Bateman, OL, New York Jets
Harris Benton
Brad Benson, New York Giants – PA State Champ
Ryon Bingham – Utah State Champion for Alta High
Greg Boone, RB, Oakland Raiders
Jeff Bostic*, C, Washington Redskins – SC State Champ
Tedy Bruschi*, ILB, New England Patriots
Bob Bruenig*, LB, Dallas Cowboys
Phil Bryant, Philadelphia Eagles – 2x National Prep Champ
Ralph Cindrich, Houston Oilers – PA State Runner-Up
Jonathan Condo, LS, Dallas Cowboys - PA State Champ, Dapper Dan Champ
Tom Cousineau*, LB, Cleveland Browns – 3rd State
Tom Covert*, OT, Chicago Bears
Chris Cooley, WR, Wash. Redskins – Utah State Champion for Logan High, High School All-American
Roger Craig*, RB, San Francisco 49'ers
Damien Covington, LB, Buffalo Bills
Curley Culp*, DL, Kansas City Chiefs – NCAA Champ
Larry Czonka**, RB, Miami Dolphins
Rob Davis, ST, Green Bay Packers
Dan Dierdorff**, OT, St. Louis Cardinals
Donnie Edwards, OLB, San Diego Chargers
Carl Edwards, San Diego Chargers – 3x MD State Champ
Rob Essink, Seattle Seahawks – NCAA DII Champ
Jim Everett, QB, New Orleans Saints
DeMarco Farr, St. Louis Rams
Patrick Flannery, OL, Houston Oilers
Ed Flanagan, C, Detroit Lions
Terrell Fletcher, RB, San Diego Chargers
Bill Fralic*, G, Atlanta Falcons
Doug France*, LT, Los Angeles Rams – OH State Runner-Up
Frank Garcia, C, St. Louis Rams – 2x AZ State Champ
William George, Chicago Bears – 2x PA State Champ
Charlie Getty, RG, Kansas City Chiefs – 2x NCAA All-American
John Gilmore, TE, Chicago Bears
Kevin Glover*, C, Detroit Lions
La'Roi Glover*, DE, Dallas Cowboys
Mike Goff, G, Cincinnati Bengals
Bob Golic*, DT, Cleveland Browns – OH State Champ
Mike Golic, DE, Philadelphia Eagles
Darien Gordon, PR/CB, Denver Broncos
Scottie Graham, RB, Minnesota Vikings
Tim Green, DE, Atlanta Falcons

Kelly Gregg, NT, Baltimore Ravens, 3x KS State Champ
Morlon Greenwood, OLB, Miami Dolphins
Archie Griffin, HB, Cincinnati Bengals
Nick Griesen, LB, New York Giants
Randy Grossman, TE, Pittsburgh Steelers
John Hannah**, G, New England Patriots
John Hartunian
Carlton Haselrig*, Pittsburgh Steelers, 3x NCAA Champ
Ron Heller, TE, Seattle Seahawks
Chad Hennings, DT, Dallas Cowboys – IA State Champ
Jay Hilgenberg*, C, Chicago Bears – IA State Runner-Up
Orlando Huff, MLB, Seattle Seahawks
Corey Hulsy, G, Oakland Raiders
Bo Jackson*, RB, Oakland Raiders
Mario Johnson, DT, New England Patriots
Dahanie Jones, LB, New York Giants
Henry Jordan**, DT, Green Bay Packers
Dave Joyner, OL, Green Bay Packers
John Jurkovich*, DT, Cleveland Browns
Alex Karras, Detroit Lions
Tim Krumrie*, DL, Cincinnati Bengals – WI State Champ
Ernie Ladd, DL, Kansas City Chiefs
Nick Lecky, C, - KS State Champ (in 2004 NFL Draft)
Jess Lewis, LB, Houston Oilers
Ray Lewis*, Baltimore Ravens – 2x FL State Champ
Ronnie Lott**, DB, San Francisco 49'ers
Kirk Lowdermilk*, OL, Minnesota Vikings
Sean Mahan, G, Tampa Bay Buccaneers
Mike Malczyk, LS, New York Giants
Joel Mackavicka, RB, Seattle Seahawks
Steve Martin, DT, Houston Texans
Mickey Marvin, RG, Oakland Raiders
Napolean McCallum, RB, Oakland Raiders
Randle McDaniel*, G, Minnesota Vikings
Mark McDonald, SS, Arizona Cardinals
Chris McIntosh, T, Seattle Seahawks
Bryant McKinnie, T, Minnesota Vikings
Greg Meisner, DL, Los Angeles Rams
Matt Millen*, LB, Oakland Raiders
Ronald Moore, RB, Cleveland Browns
James Mungro, HB, Indianapolis Colts
Jim Nance, FB, New England Patriots – NCAA Champ
Lorenzo Neal, FB, Tennessee Titans - NCAA Champ
Stephen Neal, OL, New England Patriots – NCAA Champ
Jeremy Newberry, C, San Francisco 49'ers
Haloti Ngata – 2nd State at Highland High
Chuck Noll, Pittsburgh Steelers – PA State Champ
Leo Nomellini*, T, San Francisco 49'ers – Big 10 Champ
Jonathan Ogden*, OT, Baltimore Ravens
Irv Pankey, Los Angeles Rams – 2x MD State Champ
David Patten, WR, New England Patriots
Scott Peters, G, New York Giants
Bob Pickens, OL, Chicago Bears
Jim Plunkett*, QB, Oakland Raiders
Dave Porter, T, Green Bay Packers
Mike Pyle, C, Chicago Bears – IA State Champ
Rocky Rasley, G, Detroit Lions
Mike Reid, Cincinnati Bengals

Eric Rhett, RB, Cleveland Browns – FL State Champ
Willie Roaf*, OT, New Orleans Saints
Warren Sapp*, DT Tampa Bay Buccaneers – FL State Champ
Mark Schlereth*, OL, Washington Redskins - Alaska State Champ
Cory Schlesinger, LB, Detroit Lions - NE State Champ
Steve Sefter, DT, Philadelphia Eagles, 2x PA State Champ & NCAA All-American
Tony Siragusa*, DT, Baltimore Ravens – NJ State Champ
Fred Smerlas*, Buffalo Bills - MA State Champ
Bruce Smith**, DE, Washington Redskins
Brad St. Louis, TE, Cincinnati Bengals
Matt Suhey, RB, Chicago Bears
Bill Szott, OL, Washington Redskins – NJ State Champ
Dave Szott, Kansas City Chiefs – NJ State Champ
Woody Thompson, RB, Atlanta Falcons – PA State Champ
Jim Thorpe**, HB, New York Giants
Mike Trgovac, DC, Carolina Panthers – OH State Champ
Kyle Turley*, T, St. Louis Rams
Ryan Turnbull, RB, Cleveland Browns
Tommy Vardell, RB, San Francisco 49'ers
Adam Vinatieri*, K, New England Patriots
John Ward, OL, New York Jets – NCAA All-American
Fred Weary, DB, St. Louis Rams
Charles White*, HB, Los Angeles Rams
Randy White*, DT, Dallas Cowboys
Cory Widmer, LB, New York Giants
Leo Wisniewski, NT, Baltimore/Indianapolis Colts - PA State Champ
Steve Wisniewski, G, Los Angeles/Oakland Raiders - CA State Champ
Ricky Williams*, RB, Miami Dolphins
Coy Wire, LB, Buffalo Bills – PA State Runner-Up
Greg Wojochowski, St. Louis Rams

*Pro-Bowler

**Hall of Famer

I KNOW. IT'S A LONG LIST.



Chris Cooley

High School State Wrestling Champion at Logan High

High School Wrestling All-American (5th place at Senior Nationals)