



MAKE THE  
RIGHT CALL...

IMPROVE YOUR  
**FOOTBALL  
SKILLS!**

DURING THE OFF SEASON

Join the Wrestling Team...

## *Chad Hennings interview about wrestling;*

Defensive lineman for the **three-time Super Bowl champion Dallas Cowboys team** says wrestling experience is critical to success on the gridiron.

"I started wrestling in 3rd grade," said Chad Hennings.

Hennings won the Iowa state high-school wrestling championship in the heavyweight division his senior year, prior to his recruitment by the Air Force varsity football team. "College football coaches look for well-roundedness in recruits," said Hennings.

Wrestlers have to be explosive and tactically-minded. These attributes can only be beneficial for a football player in his off-season, Hennings said.

"As a 270 lb. defensive lineman, I had to use leverage and hand skills to move 340 lb. offensive linemen," Hennings said about the skills he gained from his years of wrestling experience. "I also used these skills as a pass-rusher," continued Hennings.

Hennings reiterated that the explosive ability is invaluable on the football field in any position.

Hennings said he "would love for his 12 year old son to wrestle."

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

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

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

- **NFL Draft Scout on Alex Stepanovich**

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"One of the messages Denney hopes to relay to the Valley high school coaches and athletes is that wrestling is the perfect complement to football. While football is in its offseason, wrestling provides the perfect opportunity for the athletes to remain active, while working on their agility and conditioning, Denney said.

Shawhan can attest to Denney's theory, also having an extensive gridiron background. Along with playing semi-pro football, Shawhan also has years of being an assistant football coach throughout the Rio Grande Valley (Mission High, Harlingen High, PSJA High, McAllen Memorial and McHi).

"In Texas, everyone knows that high school football is king," Denney said. "I'm telling you, though, Texas is catching up in wrestling. And a lot of the football coaches are realizing how much wrestling can help their football team. And believe me, that's the truth. I know it firsthand. You have to remember when I started out I was a football coach in high school, and I would go to the wrestling team and get everyone that could to sign up for my football team."

- By **Wade Baker, The McAllen Monitor McAllen, Texas.**

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"My football coach told me, 'You better get in wrestling or I'll beat you up,'"

-- **Tim Lee, Texas High School All-American**

Lee said that wrestling helps him on the football field because he knows he has to stay low.

"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."

- **Lee's High School Football Coach, Tim Howard**

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"Some of Matt Roth's intensity can also be attributed to his successful run as a state-champion wrestler in high school. Many coaches, scouts and wrestlers-turned-football-players will laud wrestling for the leverage and quick hands it provides for football. Roth credits wrestling for the never-say-die attitude it gave him.

**"It's the attitude. (Wrestling) helps you with your hips, your hands and your balance, but more than anything it helps you with your attitude," he said. "A lot of these kids that are basketball players, we eat those kids up. It's just our mentality - you're going to get the job done and you're going to punish them."**

Roth said his dream partner on the wrestling mat would be Ravens LB Ray Lewis, himself an accomplished high school wrestler."

-- By Chris Neubauer, Pro Football Weekly

## ***Famous Football Players (Wrestlers) to name a few...***

Shane Olivea  
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" Babcock - 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  
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, Washington Redskins  
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

***Hall of Fame Running Back from the Miami Dolphins, Larry Czonka, pounded opponents on the wrestling mat as well as the gridiron.***

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  
Darren 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, Pro Bowl Linebacker for the Baltimore Ravens, was a Florida 4A State Wrestling Champion at 189 lbs.***

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

***Future Hall of Famer Randall McDaniel was a wrestler before he was named to 12 NFL Pro Bowls.***

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  
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

***Pro Bowl Defensive Tackle Warren Sapp was a Florida State Champion wrestler in High School.***

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

***Look for more info to follow (Wrestling starts right after football season)***