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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

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

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, 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 Malszyk, LS, New York Giants  
 Joel Mackavicka, RB, Seattle Seahawks  
 Steve Martin, DT, Houston Texans  
 Mickey Marvin, RG, Oakland Raiders  
 Napoleon 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

\*Pro-Bowler

\*\*Hall of Famer