



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

- John Madden, Hall of Fame Football Coach

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

- NFL Draft Scout on Alex Stepanovich

"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.

"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

"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 Malczyk, 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 Rethel, 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 Seftor, 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 Wojchowski, St. Louis Rams

*Pro-Bowler
 **Hall of Famer