



"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 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
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 Rnett, 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 Wojochowski, St. Louis Rams

*Pro-Bowler

**Hall of Famer