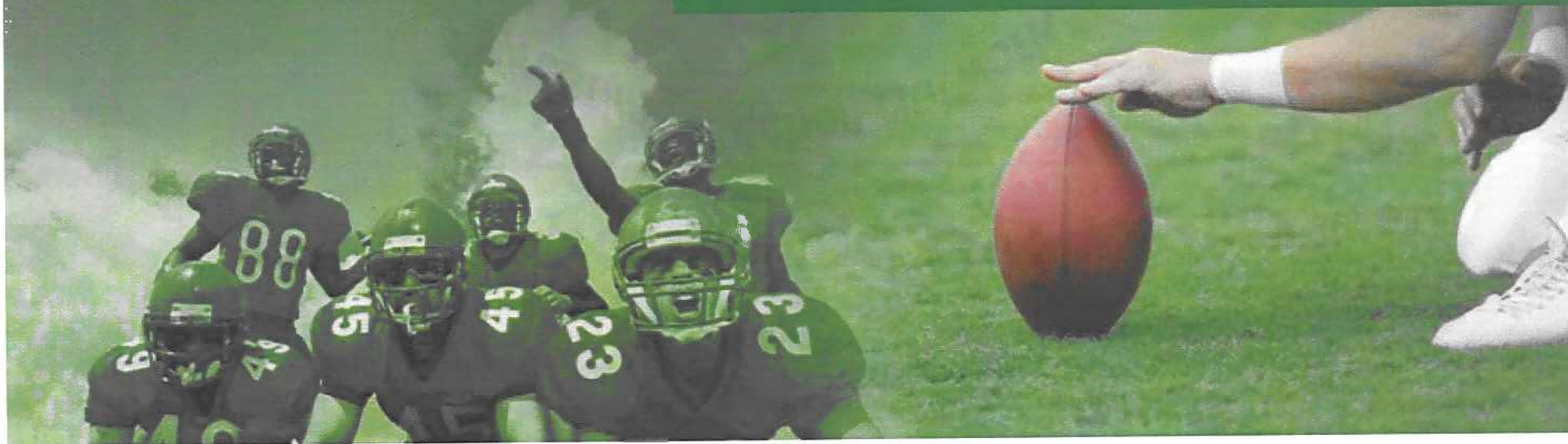




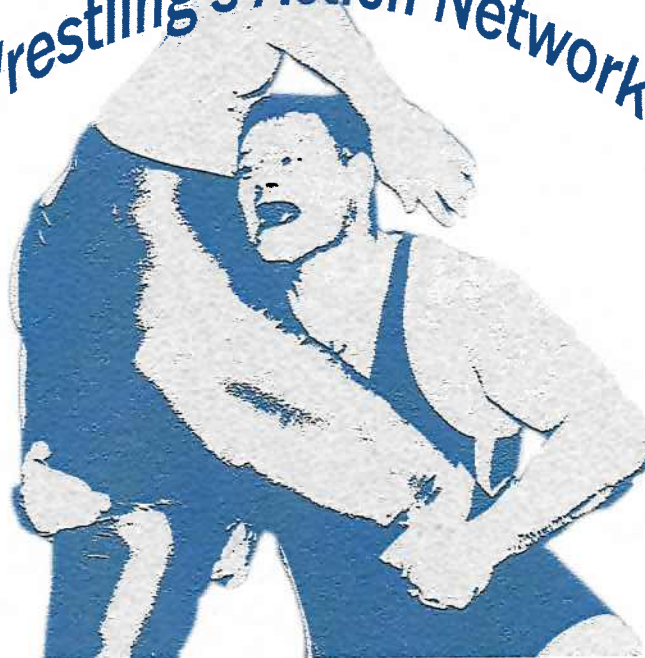
Football to Wrestling

Let The Pros Tell You



Sponsored By:

Wrestling's Action Network





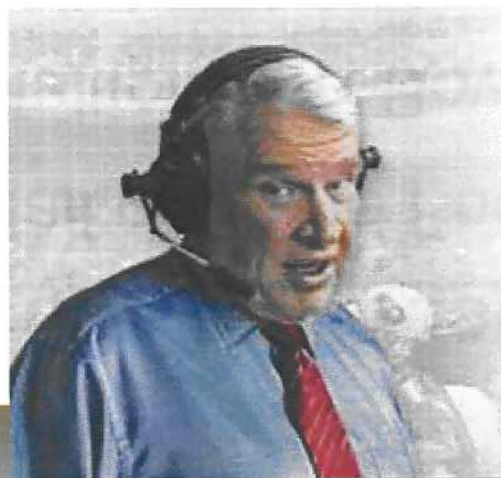
Influence of Wrestling in the NFL

- 10 Hall of Fame Football Players
- 43 Multiple Pro-Bowlers
- 60 Individual State Championships
- 13 NCAA Wrestling Championships
- 3 Heisman Trophy Winners Wrestled
- 14 1st Round Draft Picks Wrestled
- 23 RB's / 20 LB's / 2 QB's / 66 Lineman / 6 DB's / 1 K / 54 NP

The Coaches Perspective



- “I draft wrestlers because they are tough, I have never had a problem with a wrestler.” - Joe Gibbs, Hall of fame Football Coach

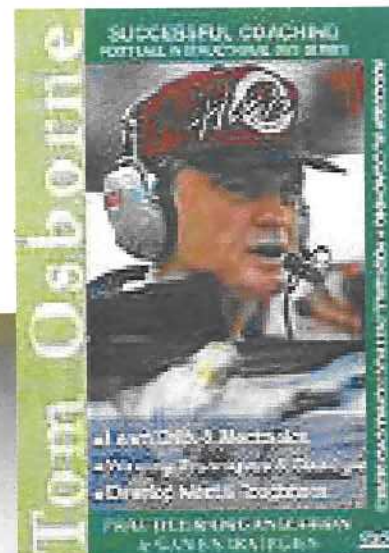


- "I would have all of my Offensive Lineman wrestle if I could."- John Madden, Hall of Fame Football Coach

The Coaches Perspective



- “I love wrestlers, they are tough and they make great football players.” Mike Stoops, National Championship Football Coach - University of Oklahoma.



- “Wrestlers make coaching football easy, they have balance, coordination, and as a coaching staff we know they’re tough.” - Tom Osborne - College Hall of Fame Football Coach - University of Nebraska



Pros With Wrestling Background

- Ray Lewis - The Football Player
 - Seven-time Pro Bowler
 - 2-time NFL Defensive Player of the Year
 - Super Bowl XXXV MVP
 - Arguably the greatest LB and 1 of the best players in NFL history.

- Ray Lewis- The Wrestler
 - Florida native
 - Florida State 4A Wrestling Champion - 189 lb. weight class
 - Credits wrestling as the training ground for his prolific football career.

- Stephan Neal - The Football Player
 - 28 years old, was originally
 - Signed by the Patriots as an undrafted free agent on July 23, 2001.
 - The 6-foot-4-inch, 305-pound offensive lineman has played in 34 career games with 31 starts.
 - Recorded the longest current consecutive starts streak on the Patriots offensive line.

- Stephan Neal - The Wrestler
 - San Diego native
 - Did not play football in college and instead was a championship wrestler at Cal State-Bakersfield.
 - He compiled a 156-10 record and won two NCAA Division I titles
 - In 1999, Neal won the Dan Hodge Award - known as the Heisman Trophy of wrestling - following a year in which he won the U.S. Freestyle Championship, the Pan-American Games title and the World Championships.

Just A Few More Names

Lincoln "Drew" Hodgdon, C, Houston Texans - CA State Champ	Roddy White, WR, Atlanta Falcons - 2x SC State Champ 1st Round Pick	Mike Patterson, DT, Philadelphia Eagles 1st Round Pick	Rhonde Barber, SS, Tampa Bay Buccaneers	Tiki Barber, RB, New York Giants	Roger Craig*, RB, San Francisco 49'ers
Curley Culp*, DL, Kansas City Chiefs NCAA Champ	Larry Czonka**, RB, Miami Dolphins	Carl Edwards, San Diego Chargers 3x MD State Champ	Jim Everett, QB, New Orleans Saints	Bo Jackson*, RB, Oakland Raiders	Ronnie Lott**, DB, San Francisco 49ers
Jim Nance, FB, New England Patriots NCAA Champ	Lorenzo Neal, FB, Tennessee Titans - NCAA Champ	Chuck Noll, Pittsburgh Steelers PA State Champ	Warren Sapp*, DT Tampa Bay Buccaneers FL State Champ	Cory Schlesinger, LB, Detroit Lions - NE State Champ	Steve Sefter, DT, Philadelphia Eagles, 2x PA State Champ & NCAA All-American
Bruce Smith**, DE, Washington Redskins	Adam Vinatieri*, K, New England Patriots	Charles White*, HB, Los Angeles Rams	Randy White*, DT, Dallas Cowboys	Jim Thorpe**, HB, New York Giants	Ricky Williams*, RB, Miami Dolphins



DOLLAMUR
SPORT SURFACES





DOLLAMUR
SPORT SURFACES



DOLLAMUR
SPORT SURFACES

Hall Of Famers Who Wrestled



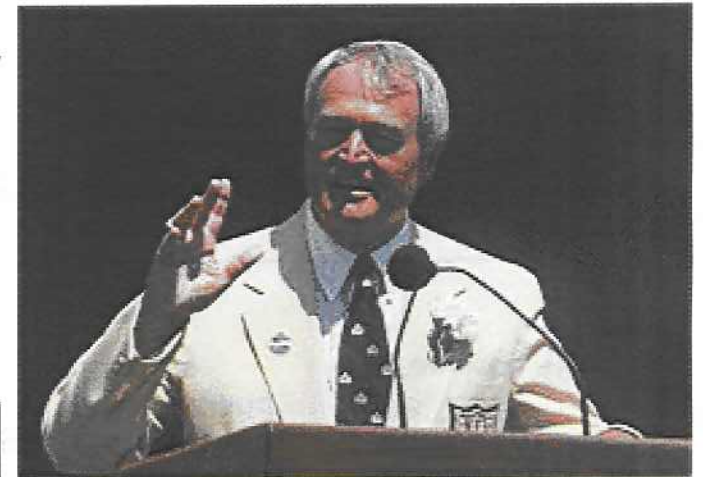
Ronnie Lott



Larry Czonka



Jim Thorpe



Chuck Noll



DOLLAMUR
SPORT SURFACES

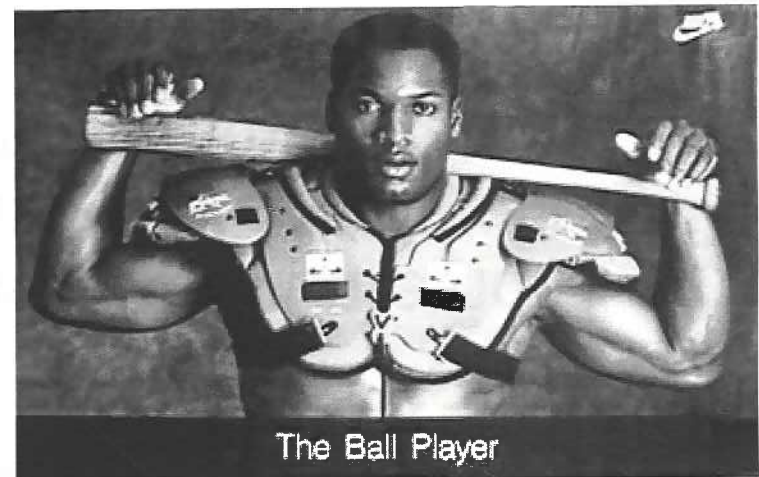


DOLLAMUR
SPORT SURFACES

Multiple Pro-Bowlers Who Wrestled



34



The Ball Player

Teddy Bruschi
Ricky Williams



Bo Jackson
Chad Hennings



DOLLAMUR
SPORT SURFACES



Crossover Skills:

- Many of the positions and skills are absolutely transferable between both sports
- Some of those skills include but are not limited to footwork, hand-eye coordination, mental toughness, explosive movements, and balance
- Learning the ability to beat the man in front of you can not be ignored.

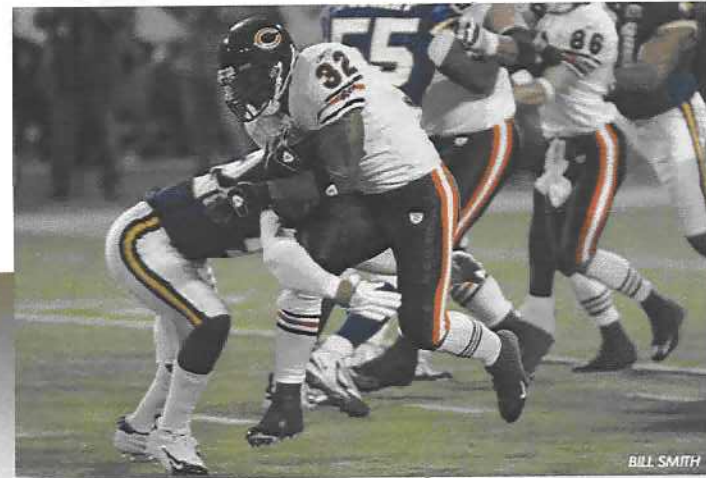
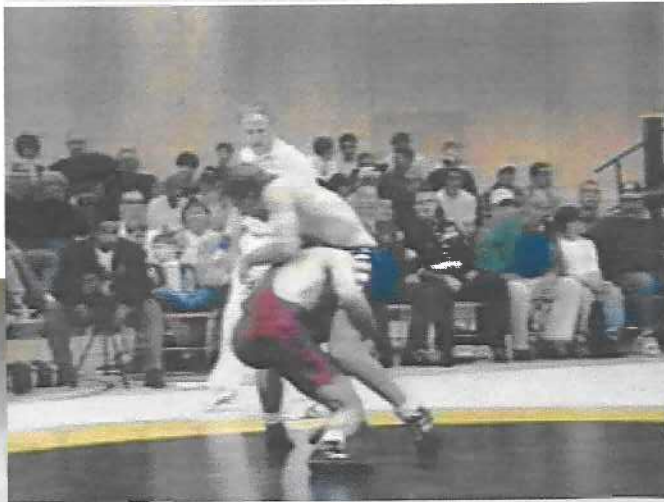
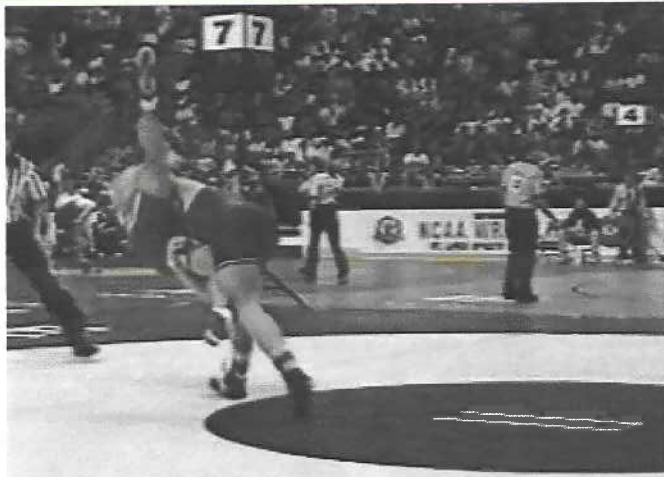
DOLLAMUR



DOLLAMUR
SPORT SURFACES



Crossover Skills:

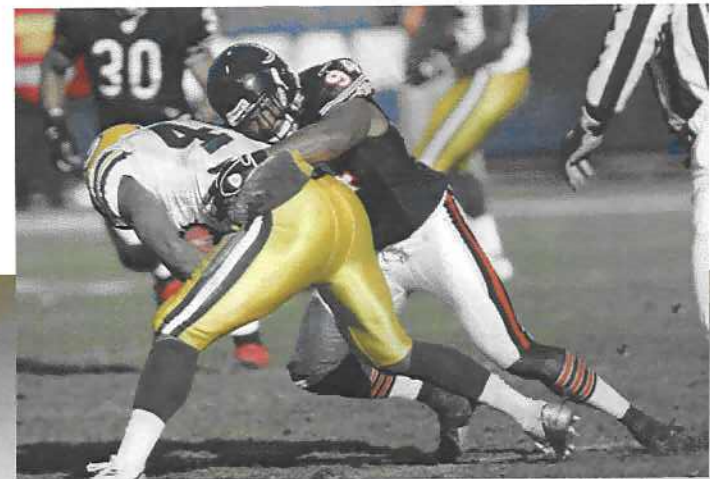
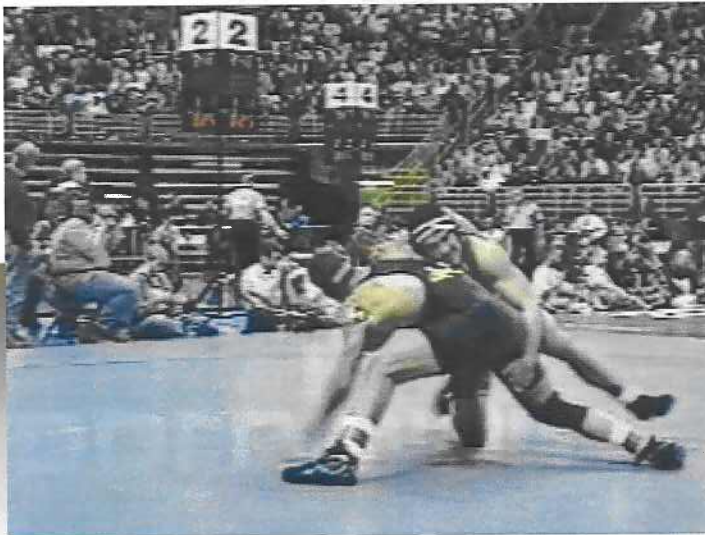
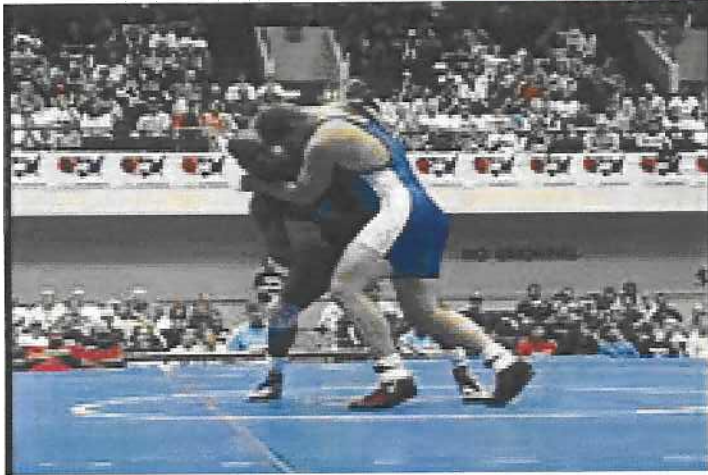




DOLLAMUR
SPORT SURFACES



Crossover Skills:

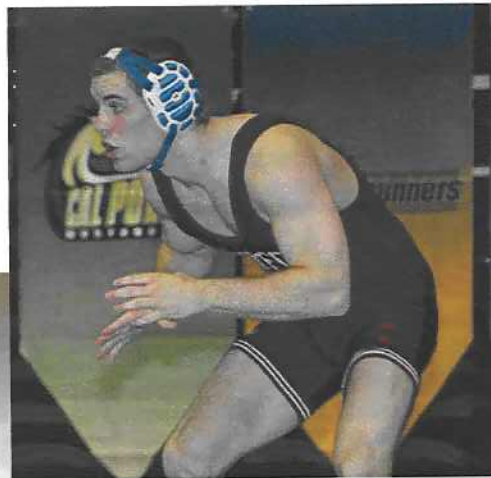
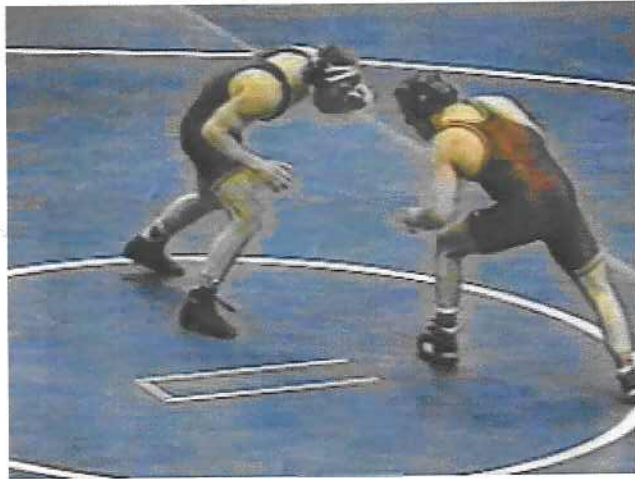




DOLLAMUR
SPORT SURFACES



Crossover Skills:

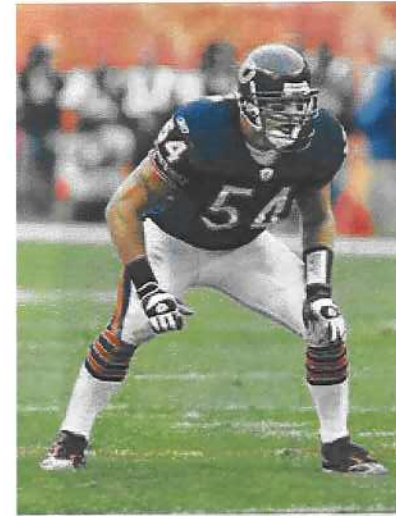
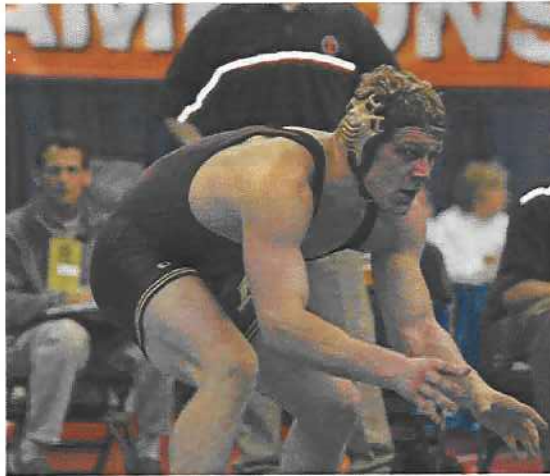




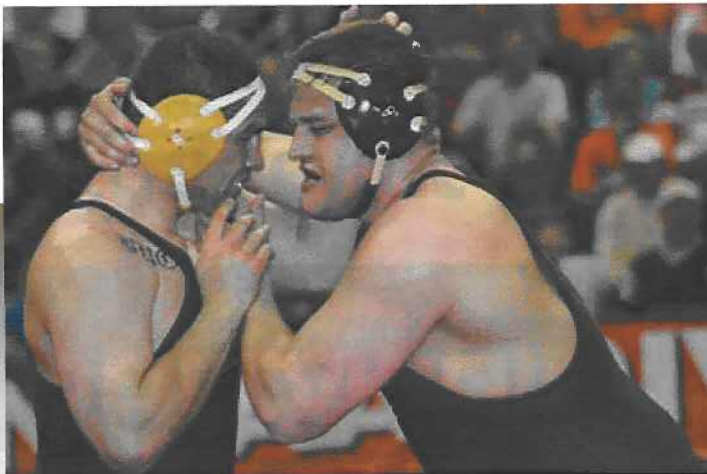
DOLLAMUR
SPORT SURFACES



Crossover Skills:



Getty Images



Getty Images



DOLLAMUR
SPORT SURFACES



A Look at The Numbers

- 32 Professional Football Teams
- 65 Man Rosters
- 2080 Professional Football Players
- 185 Wrestlers in the NFL
- 11.24% of the NFL has a wrestling background
- 5% of the Hall of Fame inductee's

DOLLAMUR



DOLLAMUR
SPORT SURFACES



The Link Cannot Be Dismissed

- The relationship between wrestling and football is real.
- There are too many legends in both sports who have proved it.
- Hall of fame football coaches and players espouse the benefits of wrestling for football players.
- Football never made a wrestler a better wrestler BUT Wrestling made every football player a better football player!!!