

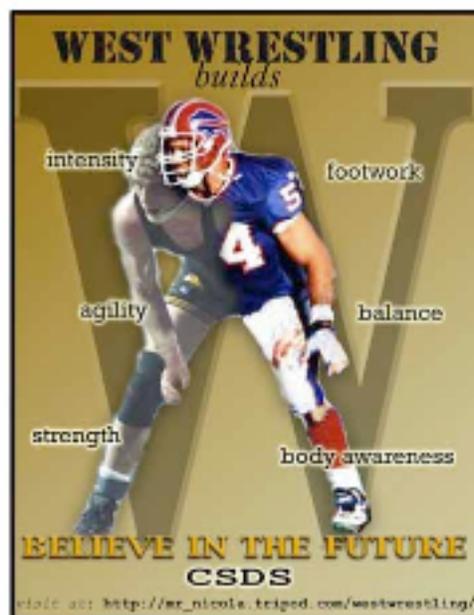
# Football and Wrestling

Some of Matt Roth's (DE - Miami Dolphins) 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. - Pro Football Weekly

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

"I never met a wrestler that was a coward."  
- Joe Gibbs, Washington Redskins Head Coach



"Well-respected by coaches and teammates for his tough, aggressive nature (comes from his prep wrestling background)"  
- NFL Draft Scout on Alex Stepanovich

"Wrestling is certainly an art - no longer does brute strength predominate in wrestling. It is science and condition that carry the wrestler successfully through his encounters. The idea of roughness and brutality is no longer synonymous with wrestling, because science has replaced those aspects with more beneficial retributions.

Wrestling, like football, trains the individual to think and act while in action and under pain. Scientific wrestling helps to construct a sound body and an alert mind, two precious aids of any individual in the struggle of the survival of the fittest.

I believe that wrestling as adopted and practiced in prep schools and universities, under trained coaches, is one of the best constructive sports that an individual can take part in and should be encouraged in prep schools, universities, and other institutions whose aim is to develop young men." - Knute Rockne, former Notre Dame football coach