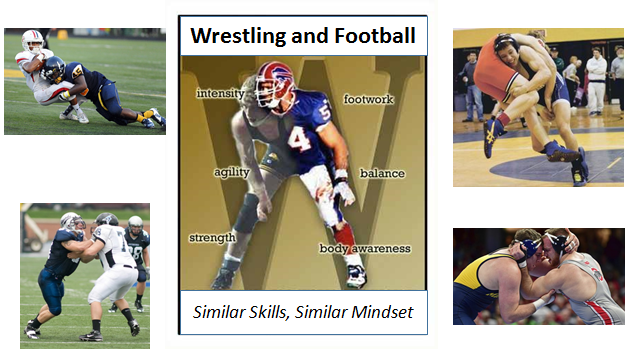
**NORTH WRESTLING**

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# **“WRESTLING IS A FOOTBALL PLAYER’S BEST OFFSEASON WORKOUT”**

***Mark Schlereth played 12 NFL seasons and won three Super Bowls with the Denver Broncos and Washington Redskins.*** ***But he says his toughest athletic challenge—that prepared him for his successful pro football career—was as a high school wrestler***, where he was a state champion at Anchorage, Alaska's Robert Service High School. ***"Physically, it's the most challenging sport I've ever been involved with and from a pure mental toughness standpoint, nothing beats wrestling,”*** says Schlereth, now a popular NFL analyst with ESPN. "If you look around the league, it's uncanny how many player have wrestling backgrounds.”  ***“You have defensive backs, linebackers, guys who know how to create leverage, use their hands, and are strong on their feet. Those skills taught in wrestling are just a vital part of football. "***

***”The best tacklers are wrestlers,” he notes. “It seems to come naturally to them. Their ability to stay balanced and drop their level to make a tackle is unbelievable. The most important thing to me is their toughness. Every wrestler seems to have mental and physical toughness to them."***

***Roddy White says that wrestling taught him skills that he still applies every day as one of the NFL’s top offensive weapons.*** “I’ve been getting into a wrestling stance since I was 7 years old," he explains. ***"It’s the same stance I use at the line of scrimmage. It was really good for me to have that in wrestling, because it made everything easier in football. Even throwing people to the ground, I attribute that to wrestling. It puts you in such an advantage. Being a great wrestler helps you so much in football—leverage, balance, quickness, hand-to-hand combat.”***

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