



Tallmadge Wrestling

**“Once you have wrestled,
everything else in life is
easy.” -Dan Gable**

“I would have had all my lineman wrestled if I could.”

- John Madden, Hall of Fame Football Coach

“What we like about football players that wrestled is their attitude. They go out and compete like crazy because that is how they are wired, and that is a great characteristic.”

- Eric Mangini, Head Football Coach, Cleveland Browns

“Wrestling helps develop discipline. Wrestlers generally have a good balance, understand leverage and know how to use their hands. This benefits them in blocking, defending blocks and tackling. Perhaps the greatest benefit in wrestling is developing mental toughness.”

- Bob Stoops, Head Football Coach, University of Oklahoma

“The best football player on the field is usually a wrestler.”

- Ray Lewis, Baltimore Ravens, Eight Time Pro-Bowler, Future Hall of Famer, 2 Time State Wrestling Champ

“Tallmadge Football Players, Get Into the Wrestling Room.”

- Joe Vassalotti, Head Football Coach, Tallmadge High School

