RODDY WHITE IS A GREAT PRO FOOTBALL PLAYER

"WRESTLING IS A GREAT SPORT FOR DISCIPLINE AND IT BREEDS TOUGHNESS. IT HELPED ME TREMENDOUSLY."
-RODDY WHITE

BECAUSE OF THE TRAINING HE WENT THROUGH AS A WRESTLER

Quickness, toughness, agility and power are all attributes that can be improved through wrestling. It’s why some of the greatest football players in history rely on skills developed as wrestlers and why the best football coaches recruit wrestlers.

ARE YOU READY TO BECOME A BETTER FOOTBALL PLAYER? ARE YOU TOUGH ENOUGH TO WRESTLE?

www.USAWrestling.org
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