

Football and Wrestling

Quotes from College Football Coaches

Bob Stoops - University of Oklahoma

"Having played football at the University of Iowa and gotten to know Dan Gable, I have become a big fan of the sport. I am convinced that wrestling as a sport is extremely beneficial to football and believe that high school coaches would benefit greatly by allowing their players to wrestle and by recruiting wrestlers.

Wrestling helps develop discipline to stay in one's stance. Wrestlers also generally have good balance, understand leverage and know how to use their hands. This benefits them in blocking, defending blocks and tackling. Perhaps the greatest benefit of wrestling is developing mental and physical toughness. I am a football man, but have the greatest respect for wrestling and all those who compete in the sport."



Knute Rockne - Notre Dame

"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."

