



LYDELL MITCHELL
Salem HS
Athlete - Football

Lydell Mitchell has made the most of his stellar three-sport career at Salem, where he was part of its class of 1968.

A football, basketball and track standout, it was his gridiron play that earned him a scholarship to Penn State.

Mitchell became a star for the Nittany Lions, where among his accomplishments were the three NCAA single-season records he set in 1971 - touchdowns (29), rushing TDs (26) and points (174). During that season, he rushed for a school-record 1,567 yards and finished fifth in the Heisman Trophy voting. He ended his career with 2,935 rushing yards, which was accomplished in three years.

He next became a mainstay in the NFL for the Baltimore Colts, where he was a three-time Pro Bowl selection, surpassed the single-season 1,000-yard rushing mark three times and ended his pro career with 6,534 rushing yards.

After his retirement, Lydell became successful businessman. Along with former Penn State teammate Franco Harris, a Rancocas Valley graduate and fellow NJSIAA Hall of Famer, they own Super Bakery, a company that produces nutrition-oriented foods for schoolchildren. He and Harris also partnered to rescue the Parks Sausage Company in Baltimore, which was the first African-American owned business in the U.S. to go public.