

## LYDELL MITCHELL OF SALEM HIGH SCHOOL

Lydell Mitchell is a classic example of how participation in high school sports can lead to success that can last a lifetime.

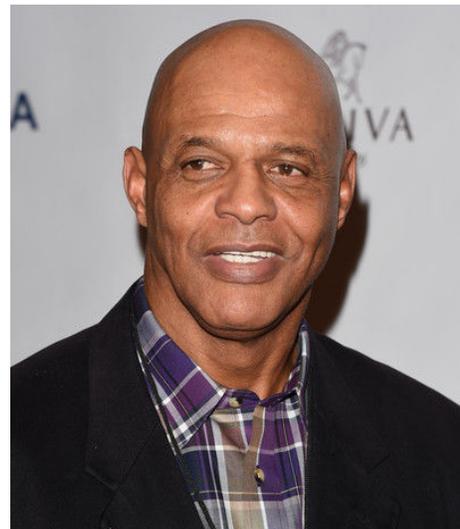
He was a three-sport standout at Salem High School, where he graduated in 1968. While he excelled in basketball and track, it was football that sent him to greatness.

Having grown up following his hometown football team, he got his chance to play as a freshman in the fall of 1964.

After his stellar career for the Rams, he attended Penn State along with another famous South Jersey running back, Franco Harris (Rancocas Valley), who would become a lifelong friend and business partner. The two would become inductees into the NJSIAA Hall of Fame, with Harris inducted in 1999 and Mitchell in 2018.

At Penn State, Lydell became one of the best running backs in school history. He set three NCAA records during his 1971 senior season alone, for touchdowns (29), rushing TDs (26) and points (174). He also set a school record that year with 1,567 rushing yards. He was also first-team All-America and fifth in the Heisman Trophy voting after earning 29 first-place votes. He ended his college career with 2,935 rushing yards, which was accomplished in three years since freshmen in those days were ineligible.

He was selected by the Baltimore Colts in the second round (48th overall) in the 1972 NFL draft. He played six years with the Colts, two with the San Diego Chargers and one with the Los Angeles Rams. He became a three-time Pro Bowl selection over the course of his career, which included 6,534 rushing yards and 3,203 receiving yards.



Aside from his NJSIAA Hall of Fame honor, he is also a member of the College Football Hall of Fame.

After his NFL retirement, Lydell became a successful businessman. He joined forces with Harris to own Super Bakery, a company that produces nutrition-oriented foods for school children. He and Harris also partnered to purchase and rescue the Parks Sausage Company in Baltimore, which had been the first African-American owned business in the United States to go public after its founding in the 1950s.

