



John Banaszak

John Banaszak signed as a free agent with the Pittsburgh Steelers prior to the 1975 season and was one of only three rookies to make the defending Super Bowl champion team out of training camp. He came to the Steelers as a graduate of Eastern Michigan with a bachelor's degree in health, physical education and recreation.



Primarily a special teams player during Pittsburgh's Super Bowl X Championship team, Banaszak started five games the following season and then started at both the right end and inside tackle positions in 1977 before suffering a knee injury that forced him to the injured reserve list.

Between 1978 and 1980, Banaszak started 45 regular season games at defensive end on a pair of Pittsburgh Super Bowl Championship teams (XIII & XIV). During Super Bowl XIII, Banaszak recorded six tackles, including a pair of sacks, and a fumble recovery in a 35-31 victory over the Dallas Cowboys, which garnered him Defensive Player of the Game honors. In the following Super Bowl against the Los Angeles Rams, Banaszak finished with five tackles and a sack in a 31-19 Steelers victory.

After his stint with the Steelers, Banaszak spent the 1983 and 1984 seasons with the Michigan Panthers of the USFL. He then moved on to serve as a player/coach with the Memphis Showboats, also of the USFL, in 1985. While with the Showboats he mentored former NFL standout Reggie White.



Banaszak took a unique route to the NFL via his schooling. John enlisted in the United States Marine Corps and spent two years in the service between high school and university.

John is now a member of the Robert Morris University Colonial's football coaching staff in the role of assistant head coach. As well as serving as assistant head coach, Banaszak is responsible for tutoring the defensive line and the special teams unit.

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