

# WADSWORTH WRESTLING



## PROGRAM GOALS

2008-2009

# ***2008-09 TEAM GOALS***

***“Team togetherness, team toughness, team unity”***

1. Continue the great wrestling tradition of Wadsworth.
2. Lift weights get stronger using Wadsworth wrestling lifting program and formula
3. Attend Open Mats every Thursday 7-8pm
4. Attend Freestyle Club Tuesday and Thursdays 6:30-8:30PM Sat. Tournaments
5. Wrestle or work at the Freestyle State Championship : May 17  
Need volunteers:  
  
Goals: Raise money for help on Ohio team, Disney Duals, Fargo, Jordan's camp
6. Attend or work Wadsworth All American/ All State SKILLS Camp June 11-13.  
All Staters are invited counselors
7. Attend Jeff Jordan's Team Camp in June . You should be at one major camp this summer.
8. Keep our togetherness: Clay's Park wrestling outing; Aeros Game Night Out for wrestlers, Little Sis, parents and alumni Senior outing
9. Continue Beefed up the schedule.
10. Continue to send our seniors to college and produce leaders, wrestlers and National Qualifiers and ALL AMERICANS.
11. Win another Individual State Championship in 2008-2009 and finish in the top 2 and unveil another Banner in the gym at next year's banquet.
12. Participate in other sports and school organizations

# Wadsworth All-State All-American 3day Wrestling Camp

Instruction by College and  
High School Coaches and Wrestlers

JUNE 11th-13th  
9:00am-1:00pm

Wadsworth Wrestling ROOM

Call Coach Gramuglia 330-336-7091 for details.

Mark the date now!!!!

# Wadsworth's Spring Freestyle Tournament

We will need volunteers to help our  
annual tournament fundraiser be successful!

May 17

8:00 am- 6:00 pm  
@ Wadsworth High School

A Youth club representative  
will be calling soon!

Call Coach Gramuglia 330-336-7091 for details.

Mark the date now!!!!



Wadsworth Grizzlies



# WRESTLING

## WORKOUT CENTER

**When:** Every Thursday in the spring, summer and fall.

**Time:** 7:00 P.M.- 8:30 P.M.

**Who:** Any wrestler interested in developing skill and having fun.

**Where:** Wadsworth Wrestling Room

**Cost:** Free! Free! Free! Just fill out the emergency form below and have your parents sign the waiver. All participants must turn in signed forms.

### Goal: "Be a Champion!"

The Wadsworth coaches are inviting wrestlers to have a good working yet relaxed atmosphere to improve the technique, confidence, and ability of the wrestlers involved. These open mats prepare the wrestler for the upcoming year and develop better wrestling skills. The off-season is where the greatest gains are made. Take advantage of this opportunity and ...  
**... Become a Champion!**

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I would like to enroll in the OPEN MAT PROGRAM.

Name \_\_\_\_\_ Age \_\_\_\_\_ Grade \_\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_

I hereby desire that my son participate in the wrestling program. By execution of this release, I acknowledge and agree that all requirements, directions, supervision, and standards set by the coaches and directors of this program shall be established for the athlete's benefit. I hereby voluntarily assume all risk of accident or injury to my minor which may arise out of his participation in this program, and therefore release the Wrestling Program and the personnel associated with this program from any liability that may result.









**PARENT or GUARDIAN**

**SIGNATURE**

\_\_\_\_\_

# Jeff Jordan's Team Camp



-  **When:** Sunday, June 15- Thursday, June 19
-  **Where:** Jeff Jordan's Team Camp Urbana, Ohio
-  **How:** Be sure to contact Coach G and turn in your \$100.00 deposit. Make all checks payable to the Wadsworth Youth Wrestling Club.
-  **What:**
  - Wrestle 10-20 individual matches
  - Wrestle dual meets from teams from all over the country
  - Learn new techniques from high school and college wrestlers and coaches
  - \*\* Training and lift in the off season
  - Have fun and get to know your teammates and coaches
-  **What to bring:**
  - Sleeping bag, bedding, lots of work out clothes, soap and shampoo, wrestling shoes, headgear, snacks, playing cards, and other necessary items
-  **Departure:** Meet at Wadsworth High School at 2:30PM
-  **Return:** We will be arriving back late Thursday night after midnight
-  **Cost breakdown:** Total \$ 375.00

# JEFF JORDAN'S STATE CHAMP CAMP LLC

## Application Form

June 15-19

Name: \_\_\_\_\_ Grade: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Parents Cell: \_\_\_\_\_

Verbal Commitment Deadline (to Coach G) - April 11

Application and Deposit Deadline - April 15th

Deposit \$100.00 - Payable to: Wadsworth Youth Wrestling

Please submit application to: Coach G 330-336-7091 or 330-606-1064 (cell)  
230 Maylawn Ave  
Wadsworth OH 44281

# JEFF JORDAN'S STATE CHAMP CAMP LLC