



**“THERE WILL BE A NEXT TIME...
AND WE WILL BE READY”**

THE EDGE

**Working on 19
&
#18 in a row**



WHS WRESTLING

Team Goals

“THERE WILL BE A NEXT TIME... AND WE WILL BE READY”

1. **WIN TEAM STATE CHAMPIONSHIP**

2. **WIN 18 STRAIGHT LEAGUE CHAMPIONSHIP**

BEAT Barberton, Cloverleaf, Copley, Green, Highland, Revere, and Tallmadge

3. **BE THE BEST TEAM WE CAN BE**

WIN OR PLACE in the top 3 in every tournament:

HARRISON DUAL TOURNEY, IRONMAN TOURNAMENT, NC HOLIDAY, BRECKSVILLE TOURNAMENT, OHIO STATE DUALS, GIT, SUBURBAN LEAGUE TOURNEY and SECTIONALS, DISTRICTS, STATE. (Banner)

4. **BE THE BEST WRESTLER I CAN BE**

WIN the League, PLACE in all tournaments, be DISTRICT QUALIFIER, STATE QUALIFIER, STATE PLACER, OR STATE CHAMPION

5. **BE THE BEST COACH I CAN BE**

GET the most out of every wrestler with maximum effort.

6. **DO WHATEVER IT TAKES**

SET a goal and let nothing stand in your way.

Individual Goals

1. **WIN INDIVIDUAL STATE CHAMPIONSHIP**

2. **RESPECT, LISTEN, WORK**

3. Do as you are coached.

4. Always have a **"Winning Attitude."**

5. Be in the **best** physical shape possible. Lift harder than we ever had.

6. Find your **role**, **accept** it, and **do** it to your **best** ability.

7. Ask it to be **tough**. It can't be **tough enough**

8. Be physical - **attack, attack, attack!**

9. Believe in your **coaches, captains, and teammates**

10. Be **appreciative** and **THANKFUL**

11. Display **GOOD SPORTSMANSHIP** at all times

12. **ENDURE FATIGUE**



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**WHAT WRESTLERS CAN EXPECT
FROM WADSWORTH COACHES**

1. Loyalty in all areas.
2. Total honesty.
3. To provide the leadership and training necessary to achieve our goals.
4. To work harder than we have ever worked before to be successful.
5. To assist players now and after graduation in any way we can.
6. To treat you as a man if you show you are deserving of such treatment
7. To make all decisions predicated on what is best for the team first and then the individual.
8. To help you mature and grow as a young man.
9. To help you reach your goals.

**WHAT COACHES CAN EXPECT FORM WRESTLERS
AT WADSWORTH HIGH SCHOOL**

1. Work at getting the best possible education you can.
2. Try to give 100% and hustle at all times.
3. Respect your teammates.
4. Practice to the best of your ability and strive to improve each day.
5. Be totally honest in all areas of you life.
6. Steadfast loyalty to teammates, school, community, family and friends.
7. Prepare and play your best in each game.
8. Be prompt for all meetings and practices.
9. **NEVER** take an opportunity to criticize and never pass up one to praise.
10. Be a WINNER = Being a worker, a doer, a leader.



WHS WRESTLING

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WRESTLING 15 ATHLETIC RULES

All wrestlers must maintain proper character and conduct so as not to bring discredit upon themselves, their church, their family, their school, their team and/or their community. The following rules are in effect all year long, including the summer vacation, not just during wrestling season.

1. **HATE** There shall be no hate on our team. If you feel you cannot get along with your teammates, there is no room for you on the team. There is no "I" on the team. If you feel you are better than a wrestler ahead of you, don't talk about it with outsiders. Talk with one of the coaches and then show it on the mat.

2. **TOBACCO** We will not use or possess tobacco of any form. **ATHLETIC POLICY** will be followed in regard to punishment which may result in removal from the team.

3. **ALCOHOL AND DRUGS** Use of or possession alcohol and drugs cannot be condoned. **ATHLETIC POLICY** will be followed in regard to punishment which may result in removal from the team.

4. **GROOMING** We will be neat in our appearance. Hair is to be off of the eyes, off the shirt collar, no beard, no mustache, sideburns no lower than the bottom of the earlobe. Keep skin clean of infection.

5. **SWEARING** We will not swear and/or use abusive language in any way, shape, or form. The use of such language serves but one purpose and that is to show people that our vocabulary is limited.

6. **LOCKER ROOM** Our locker room is one of the finest in the state, and we expect to keep it that way for many years. There is to be no horse play or destruction of any nature while in this room. Any violation will result with the procedure of Athletic Policy.

7. **ASSOCIATIONS AND FRIENDS** Do not be guilty by association. It may not always seem fair but often times a person will be judged by the company that he keeps.. Do not let yourself be brought down to the level of other people. If your friends are drinking and/or smoking pot, you should have enough personal pride and self discipline to leave. If you don't approve of some of the things your friends do, it is time to look for new friends.

We will attempt to treat you fairly and will try not to consider you guilty simply by association -- so don't put us and/or yourself in this uncomfortable situation.

8. **PROMPTNESS** Our practice begins at **3:00 P.M.** sharp everyday. If you need something taped, it will be your responsibility to have it done before that time.

9. **PRACTICES ARE MANDATORY**. You may only be **EXCUSED** from practice under the accepted WHS attendance policy. It will be your responsibility to notify a coach **BEFORE** the missed practice. Furthermore, you must complete the **90 MINUTE MAKE -UP PRACTICE** before the next scrimmage, match or tournament; or you may not be permitted to wrestle.

ONE UNEXCUSED ABSENCE may result in suspension for one match plus completing the **90 MINUTE MAKE -UP PRACTICE**.



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TWO UNEXCUSED ABSENCES from practice may be reason for dismissal.

10. **WRESTLE OFFS:** All fourteen (14) spots on the Varsity Team MAY be determined by wrestle offs, i.e. the spots on the team will be won and lost on the MAT not in the locker room. Needless to say, The Head Coach has the final say and decision to pick the line up at anytime before or during the match.

WRESTLE OFFS will consist of the best two out of three matches for the final varsity slot for the first competition.

WRESTLE OFFS will be held when feasible every week through the January 9, 2010, or until the end of season in certain weight classes where an injury or where both wrestlers have shared varsity time and has traded off beating each other.

All other JV or Freshman challenges will be filled by only one wrestle off.

*After the varsity position is secured by a varsity wrestler, **THE CHALLENGER MUST WIN THE FIRST MATCH** to insure the best two out of three.

11. **SENIORS** One of our primary goals will be to help each one of you get into college. We'll work as hard as we possibly can to help you, but you have to help, too. Take all your ACT and SAT tests, bring up your grades and let us know what colleges you are interested in. We'll be in direct communication with these schools, and will be selling you - help us help you by scoring well on these tests. Believe us, the very first thing the college coaches ask us is, "How are his grades? What are his ACT and SAT scores?"

12. **SCHOOL RULES, GRADES, AND COLLEGE PLACEMENT TESTS** Our school rules, regulations, grades, ACT and SAT tests come FIRST. Wrestling comes second after the above have been taken care of properly.

13. **CONDUCT - ON AND OFF THE MAT** We will act and behave like gentlemen at all times. In class, in the hallways, and in the cafeteria, we will act like gentlemen. On the mat we will act like gentlemen. Quite simply, on the mat we say nothing -- we let our coach do the talking.

We are leaders and because we are, we have the **RESPONSIBILITY** to conduct ourselves accordingly.

If you are seriously hurt on the mat, ask for a time out and we'll take care of you.

If you are hurt (in pain) but are not hurt (as above), let no one know it. Never show your feelings on the mat. This is called **MENTAL TOUGHNESS** and it's a quality shared by all **GREAT ATHLETES**.

14. **MEDIOCRITY** We will not let you be the average wrestler. We'll be watching you closely in practice EVERY DAY. We won't let you drill wrong. We'll stop you and show you how to do it right.

REMEMBER:

**"PRACTICE DOESN'T MAKE PERFECT.
PRACTICE MAKES PERMANENT.
PERFECT PRACTICE MAKES PERFECT"**

15. **WRESTLING** When you wrestle at W.H.S. you will wrestle hard, you will wrestle tough and you will wrestle with class. You will wrestle to win and you will win. By winning you will have to learn to handle success as well as the critic. You will be a leader and, as a leader, you will set an example for all those young wrestlers who look up to you.



Wadsworth Wrestling Make-up Practice Schedule

“THERE WILL BE A NEXT TIME... AND WE WILL BE READY”

■10 minutes -Individual Warmups/Quickie Drills

■20 minutes STAIRS/4/400's/1 mile

■20 minutes Takedown Drill vs. ADAM

POSITION-

#1 Stance
#2 Double knee
#3 Tripod
#4 Hip Heist

MOTION-

-on balls of your feet
-lead opposite arm
-cutoff
-in box
-change level
-ducks/schucks/

TIES-

-head and tricep tie
opposite tie
-underhook
-overhook
-2on 1
-wrists
-double tricep

PENETRATION STEPS

-snatch
-knee over toe
-knee bounce S/D
-angle knee drop
-leg split
-reshot/ knee under

■5 minutes: Break

■15 minutes: 4 sets of 10 Pullups
4 sets of 10 Situps

■15 minutes: 5 of 5/ or 8 minutes of hell

■5 minutes: Stretch/warmdowns

■Total 90 minutes _____

■Turn in to coach before next match

What Keeps You From Living Your Dreams?

Albert Camus, a famous author and philosopher, once applied names to the previous centuries. He named the seventeenth century as the century of math. The eighteenth was the century of physical. The nineteenth was the century of biology. Then, he shocked the public by naming the twentieth century the century of fear.

Along with this bold statement, came that of philosopher and poet, W.H. Auden. He called our time, "The Age of Anxiety."

I have never met a person who hasn't had to face some degree of fear. In all the interviews I did for my book, *Conquer Fear*, every person had a story about how they, too, had to face and deal with their fear. What I began to notice is how similar the stories were! The names would change. The circumstances were different. But the fear was the same - and very real. I came to understand this profound truth:

The difference between mediocre success and a breakthrough success is your willingness to face and deal with your fear. When your fear is exposed, you break its control over you. The reality is, fear was never intended to dominate your destiny or control your behavior. FEAR IS HUMAN. It is in every person's life, exists in every success story, and is part of growing. Fear isn't going away. It's not fear that keeps you from success. It's your inability to deal with it.

The first step in dealing with your fear is to change your beliefs about it. Change the way you think about fear and you change your reaction to it. Fear can be healthy. Think about it. It is fear that gives you the powerful adrenaline rush so that you will have the ability to flee from a situation that is truly unsafe or the same adrenaline rush to fight to win! Yes, fear is a gift, instilled in you to keep you safe and lead you to faith. So what happened? Why do people allow this gift to negatively control their actions, their beliefs, and ultimately their lives? Well, it has a lot to do with making a distinct difference between your instinct and your intellect.

As a child you would react instinctively to fear. This was acceptable behavior for you then. But, over time, you developed habits of behavior that today cause you to react to fear instead of act. You react instinctively to fear by running from it, ignoring it, sabotaging your efforts, or quitting the very dream you said you wanted. These habits of behavior are programmed into you. To interrupt these negative behaviors you need to use your intellect and act in your fear.

Every person has fear. The successful have learned to befriend their fear. They don't react in their fear. They act in it - walking through their fear. Every person has the same weapon to help them act in their fear. Every person has the gift of faith. The way to befriend fear is to neutralize it with its opposite - which is faith. Is your faith stronger than your fear? Where faith is dominant fear is silenced. Faith is like a multivitamin on steroids! It is faith that fosters hope, courage, boldness, and conviction. These are all the ingredients you need to conquer fear.

But what really is faith?

Webster's definition of faith is "belief, trust, or reliance." The Apostle Paul's definition is "Faith is the assurance

of things

hoped for and the conviction of things not seen." Do you have the assurance of things hoped for, and a strong conviction that, you have all you need to make your life work? Well-known author, Max Lucado, explains faith in the following story:

Imagine that you are an ice skater in competition. You are in first place with one more round to go. If you perform well, the trophy is yours. Then, only minutes before your performance, your trainer rushes to you with the thrilling news: "You've already won! The judges tabulated the scores, and the person in second place can't catch you. You are too far ahead."

Upon hearing the news, how will you feel? How will you skate? How about courageously and confidently? You will do your best because the prize is yours!

Live your life like you've already won. Walk into that job interview like you've already got the job. Ask that girl out on a date like she's already said yes. Ask for that sale like you've already made it!

Fear exists. But you can conquer fear and neutralize its power by cultivating your faith. Have an assurance of things hoped for and a conviction of things not seen and you will create hope, boldness, and courage. You will achieve your goals and begin living the life you dream of.

Lisa Jimenez has helped thousands of distributors dramatically increase their recruiting efforts. Her best-selling book, "Conquer Fear!" will awaken your spirit as you discover how to eliminate hidden fear and turn it into the driving force behind your success. Lisa's audio album, "Radical Recruiting!" is a must-have for every Networker who's serious about building their organization. Call NOW! (800) 489-7391 or (954) 755-3670. Order on line at www.RX-Success.com Sign up for her free email Success Report while you're there! See Lisa speak at the Personal Power Expo Weekend. Register at www.personalpowerexpo.com.



WHS WRESTLING

Quotes to live by:

"Peace is not absent of toil, tribulation, or pain"

"Serve others"

"Only F words to use: Faith, Family, Friends"

Leadership = Influence

"Stop listening to yourself and start talking to yourself"

"Have a plan. Do the right thing"

"Be a contributor, not a contaminator"

**"Losers think sacrifice is a punishment,
not a necessity."**

"Attitude is everything!"

**"Everyday you are either Growing or Dying ,
not maintaining!"**

Core values:

- 1. Trust**
- 2. Do it to the best of your ability**
- 3. Care about each other**

Always raise your standards.

Thursday, September 29, 2005

Motivational Speaker and Wrestler Kyle Maynard Takes Part in the UNCP Very Special Arts Festival



Pembroke, NC – The University of North Carolina at Pembroke Givens Performing Arts Center hosted Kyle Maynard, a handicapped wrestler, on Wednesday as part of the Very Special Arts Festival. Maynard spoke to over 1200 students with disabilities and also had a question and answer session last night with UNCP faculty, staff and students.

Maynard, a 2004 ESPY Award winner for Best Athlete with a Disability given out by ESPN, was born with a condition known as congenital amputation that has left him with arms that end at the elbows and legs that end at his knees. Even with his disability, Maynard has been wrestling since the age of 12.

His accomplishments roam far beyond the wrestling mat. He continues to do everyday tasks even with his disability, including typing 50 words per minute with just his elbow and write without any adaptations. Maynard can even drive a car that has little modification.

In November of 2003, Maynard, an avid weight trainer, attained the unofficial title of the Worlds Strongest Teen at the GNC Show-of-Strength by doing 23 repetitions of 230 pounds. He recently set the World Record in the modified bench press at the Arnold Fitness Classic with a bench press of 360 pounds.

A recipient of the 2004 Presidents Award for the Sports Humanitarian Hall of Fame, Maynard has appeared on ABC, CNN, HBO, Spike TV, countless local and regional shows and his story has been told in many newspapers and magazines, including ESPN The Magazine as he was named to the top 100 sports personalities, moments, trends, games and stories that mattered in 2004.

His inspirational life story continues to inspire with his book, No Excuses! and a movie that will feature Jim Caviezel and Maynard as himself.

Maynard, a student at the University of Georgia, is still wrestling today and plans to open a fitness center and motivate people to stay fit. He gives most of the credit from his triumphs to his faith, his parents, Scott and Anita, and his coach, Cliff Ramos.

The Washington Speakers Bureau contributed to this article. More information on Kyle Maynard can be found at www.kmaynard.com