



**"PAIN WILL PASS...  
CHAMPIONSHIPS REMAIN FOREVER"**

**-WIN #20-**

**THE EDGE**

Working on 21  
&  
#20 in a row



# Team Goals

**"PAIN WILL PASS...  
CHAMPIONSHIPS REMAIN FOREVER"**

**-WIN #20-**

1. WIN TEAM STATE CHAMPIONSHIP

2. WIN 20 STRAIGHT LEAGUE CHAMPIONSHIP

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

3. BE THE BEST TEAM WE CAN BE

WIN OR PLACE in the top 3 in every tournament:

MOELLER 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. Always Protect the team, No Whining , Be early

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



# "PAIN WILL PASS... CHAMPIONSHIPS REMAIN FOREVER"

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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 FROM 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.



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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.**

**TWO UNEXCUSED ABSENCES** from practice may be reason for dismissal.



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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 8, 2011, 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 no 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

**"PAIN WILL PASS...  
CHAMPIONSHIPS REMAIN FOREVER"**

**-WIN #20-**

■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

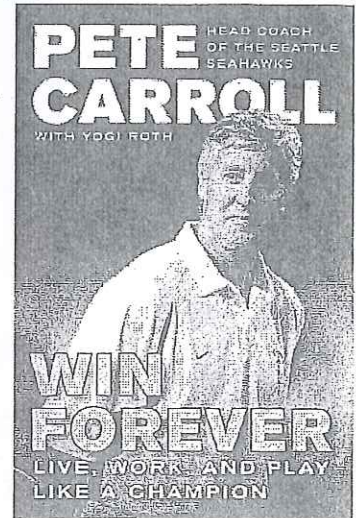
■5 minutes: Stretch/warmdowns

■Total 90 minutes \_\_\_\_\_

■Turn in to coach before next match

# WIN FOREVER - LAYING THE GROUND RULES

Below are notes from Pete Carroll's "Win Forever". This book was one of six selected for our staff fall reading project. The following notes come from the "Laying the Ground Rules" section. Carroll offered "Three Rules" that gave a basic framework that would apply to any organization seeking to establish a culture:



## #1: ALWAYS PROTECT THE TEAM

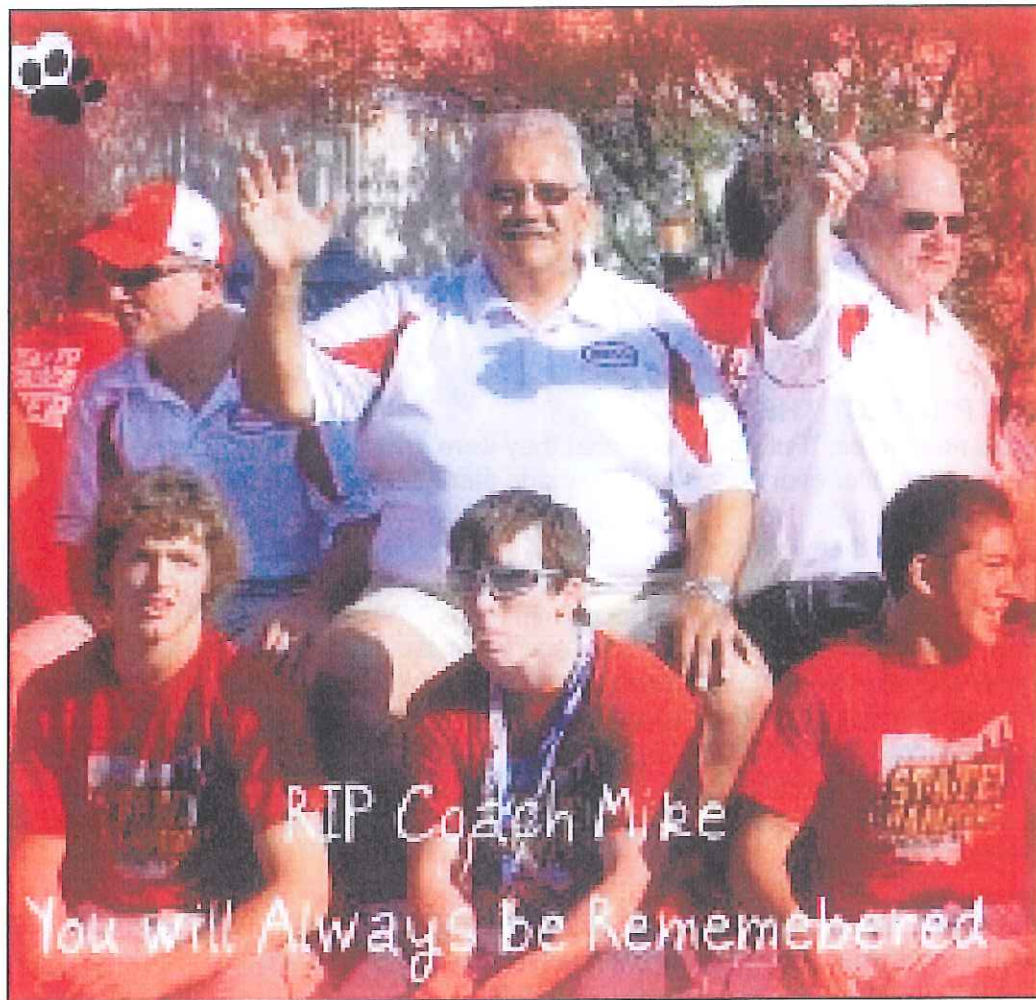
- Players need to be: "Fully aware of what they were doing at all times and to understand that for every decision they made there would be a result that affected the team."
- Seek outcomes that would protect their family.
- "Collectively, we used Rule One most after losses. Fortunately, we didn't have a lot of them, but each one was monumental for us."
- "It was vital that our players understood every decision made on every snap. It is easy for a young athlete to lose focus or fail to comprehend the importance of his assignment on each play, but it was our job as a staff to tap into each player's conscience."
- It was important that when framing analysis, "not in terms of laying blame but rather to point out that when someone failed to execute, it may have been because he did not fully understand his responsibility." It is important to remind players: "Everything counted and sometimes experiencing a loss created the best opportunity for that."

## #2: NO WHINING, NO COMPLAINING, NO EXCUSES

- This rule surrounds team language, or as Carroll calls it, "self talk".
- A negative mentality creates negative thoughts.
- "A positive approach creates the power of possibilities."
- "If a player had a direct problem with me or how I was coaching, I not only wanted to hear about it, I felt I needed to."
- "If a player had a problem with playing time, I wanted him to talk to his coaches before he complained to his teammates."
- "By encouraging our players to communicate in such ways, we developed a positive mentality for the entire team."

## #3: BE EARLY

- Be organized and show respect.
- Players can't choose when to be early and when not to.
- "Rule 3 is an opportunity for new players to understand the uncommon level of performance we expected from them in every aspect of their lives."
- If a player was going down the wrong path: "We would bring the player into our staff room and have a roundtable discussion. We would tell the player that by being early, he would make every aspect of his life easier. By being organized he would play with more confidence, and by taking notes he should be more prepared."
- "One he got the message, not only would he become the first guy in the meetings, but over time he would improve his play and also recognize an important chance to improve his commitment to teammates."
- A team needs rules and guidelines.



CHIEF MIKE KALLAI  
1953-2010

"BE STRONG, BE CONFIDENT, BE THANKFUL"



# Michael C. Kallai Sr. led police and wrestlers

Wadsworth -- Mike Kallai led Barberton police and motivated Wadsworth wrestlers.

On Wednesday, just four months after Wadsworth won a state championship, the chief and assistant coach died after a workout while visiting in-laws in Tennessee. He was 57.

"He was a father figure to all of us," said John Gramuglia, Wadsworth's head coach, who worked with Kallai for 19 years. "He was a very quiet corner person. He was kind of a Phil Jackson type, very intelligent, very dry humor, could really connect with the kids."

"He loved his job," said Barberton Mayor Bob Genet. "He loved working with people. He loved working with children. He's always been pushing for modern technology. For his officers to be the best, they had to have the best equipment."

Kallai (pronounced KAY-lie) was one of 10 siblings, several of them scholastic wrestlers. Born in Barberton, he wrestled at Coventry High School and went to Bowling Green State University.

He worked for a family construction business and joined the Barberton police 33 years ago. He rose to narcotics detective and made chief 13 years ago. He oversaw what became 54 full-time workers and a budget of about \$5 million per year. Among other changes, he computerized the cruisers.

He and his wife, the former Jennifer McCart, had four children. At Wadsworth High, he coached the three boys, Mike Jr., Joe and Zak. Daughter Vanessa kept score. Zak became an All-American at Case Western Reserve University.

Last year, Coach Kallai won a Sportsmanship, Ethics and Integrity Award from the Ohio High School Wrestling Coaches Association. This year, he helped Wadsworth become the first public school in 33 years to win the state's top division.

"He lived that dream we had set," said Coach Gramuglia.

The National Wrestling Coaches Association named the Wadsworth pair coach and assistant coach of the year for Ohio and for one of the nation's eight regions. Kallai was also elected president of the Greater Cleveland Wrestling Coaches and Officials Association.

He once motivated his wrestlers by snapping and posting photos of a scoreboard documenting the team's fall during a tournament from first place to fourth.

"Boys," he told them, "I don't ever want to take another picture like this again."

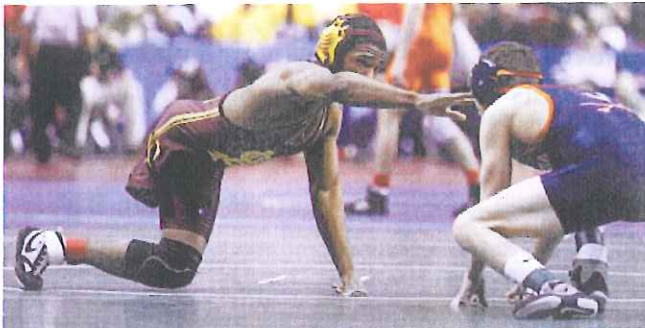
Michael C. Kallai Sr.

1953-2010



# Born with one leg, Arizona St. wrestler wins NCAA title

By [Gary Mihoces](#), USA TODAY Updated 3/21/2011 9:25:40 AM | [35](#) | [25](#) [Share](#)



Arizona State's Anthony Robles reaches for Virginia's Matthew Snyder during their 125-pound first-round match at the NCAA Division I championships Thursday in Philadelphia.

AP photo

PHILADELPHIA — Arizona State's Anthony Robles hopped off the mat at the NCAA wrestling tournament after a perfect season. Penn State coach [Cael Sanderson](#), familiar with perfect seasons, notched the Nittany Lions' first team title since 1953. And an ex-Penn Stater brought Arizona State another title with a pin of one of Sanderson's young stars.

Born with one leg, Robles took the 125-pound title Saturday night with a 7-1 win over defending champion Matt McDonough of Iowa. Robles' three-day performance here earned him the Outstanding Wrestler award.

For Robles, it was the finish to a 36-0 senior season and a journey begun when he took up wrestling as a high school freshman in Mesa, Ariz. He was anything but a dominator at the start.

"I was a terrible wrestler, only about 90 pounds, but my mom told me God made me for a reason, and I believe that reason was for wrestling," says Robles, who was given a standing ovation on the podium by a sellout crowd of 17,687 at the Wells Fargo Center.

The finals were held on a mat rolled out on an elevated platform on the floor of the arena. Before his match, Robles moved briskly up the platform stairs on his crutches. Then he placed the crutches down near his coaches' seats and hopped to center mat.

He took control in the first period, jumping out to a 7-0 lead with a two-point takedown and two turns that exposed McDonough's shoulders to the mat for five more points. Robles uses his gripping power on those turns.

By Matt Stocum, AP

Arizona State's Anthony Robles born with one leg, beat Iowa's Matt McDonough to claim the 125-pound NCAA Division I individual wrestling title.

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"My tilting is due because I have such a strong grip, and that's because of my crutches," he said.

Robles said that a few weeks ago he took inspiration from re-reading letters he had received from an elementary school in Georgia.

"I wrestle because I love wrestling," he said. "But it inspires me when I get kids, even adults, who write me on Facebook or send me letters in the mail saying that I've inspired them, and they look up to me, and they're motivated to do things that other people wouldn't have

thought possible."

Penn State's Sanderson went 159-0 during his wrestling career at Iowa State and coached there for three seasons.

He left to take over at Penn State, when in his second season the Nittany Lions have won their first NCAA team title in over a half century.

Penn State clinched the team title during Saturday's consolation finals, where it had two wrestlers place third.

The Nittany Lions sent a tournament high three wrestlers into the finals. They had one champion, sophomore Quentin Wright at 184 pounds. He beat top-seeded Christopher Honeycutt in Friday's semifinals, then defeated second-seeded Robert Hamlin of Lehigh in the final, 5-2.

Penn State's Frank Molinaro was beaten 8-1 in the 149-pound final by sophomore Kyle Dake of Cornell, who was the NCAA champ last year at 141. Dake put on a riding clinic, staying on top of Molinaro for 6:17 of the seven-minute match.

In the next match at 157 pounds, previously unbeaten Penn State freshman [David Taylor](#) was pinned in the second period by Arizona State's Bubba Jenkins.

Jenkins was an NCAA runner-up at Penn State in 2008, prior to Sanderson. He was dismissed from the Penn State squad last season.

"We had team rules, and he chose not to follow the rules, and so I dismissed him from the team," said Sanderson, without elaborating. "It's nothing personal. He's a great kid and I'm happy for him."

Jenkins held nothing back at his post-match press conference.

He said his match with Taylor wasn't personal, when it came to Taylor.

"Not towards David. Definitely towards Cael," said Jenkins. "He didn't think I was good enough or the right kid to win it all at that weight class or any weight class, and he got rid of me. And one man's trash is a whole country's treasure."

Sanderson and Penn State went home with their team title.

"We're the national champs, and that's something to be really happy about. I'm really, really proud of these guys," said Sanderson.

"We had some kids that didn't quite reach their goals. And so you just have to — I'm kind of focused on — you just got to focus on the positives."

With a champ, two runner-up and a two third-place finishers, Penn State scored 107.5 team points, followed by Cornell (93.5), Iowa (86.5), Oklahoma State (70.5) and American University of Washington, D.C. (65.0).

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**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"

"If we are strong, our strength will speak for itself. If we are weak, words will be of no help."

"It's time to stop talking and start wrestling."

"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!"

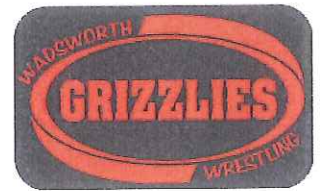
## Core values:

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

Always raise your standards.



# Ladder of Achievement



100% I DID

90% I WILL

80% I CAN

70% I THINK I CAN

60% I MIGHT

50% I THINK I MIGHT

40% WHAT IS IT?

30% I WISH I COULD

20% I DON'T KNOW HOW

10% I CAN'T

0% I WON'T



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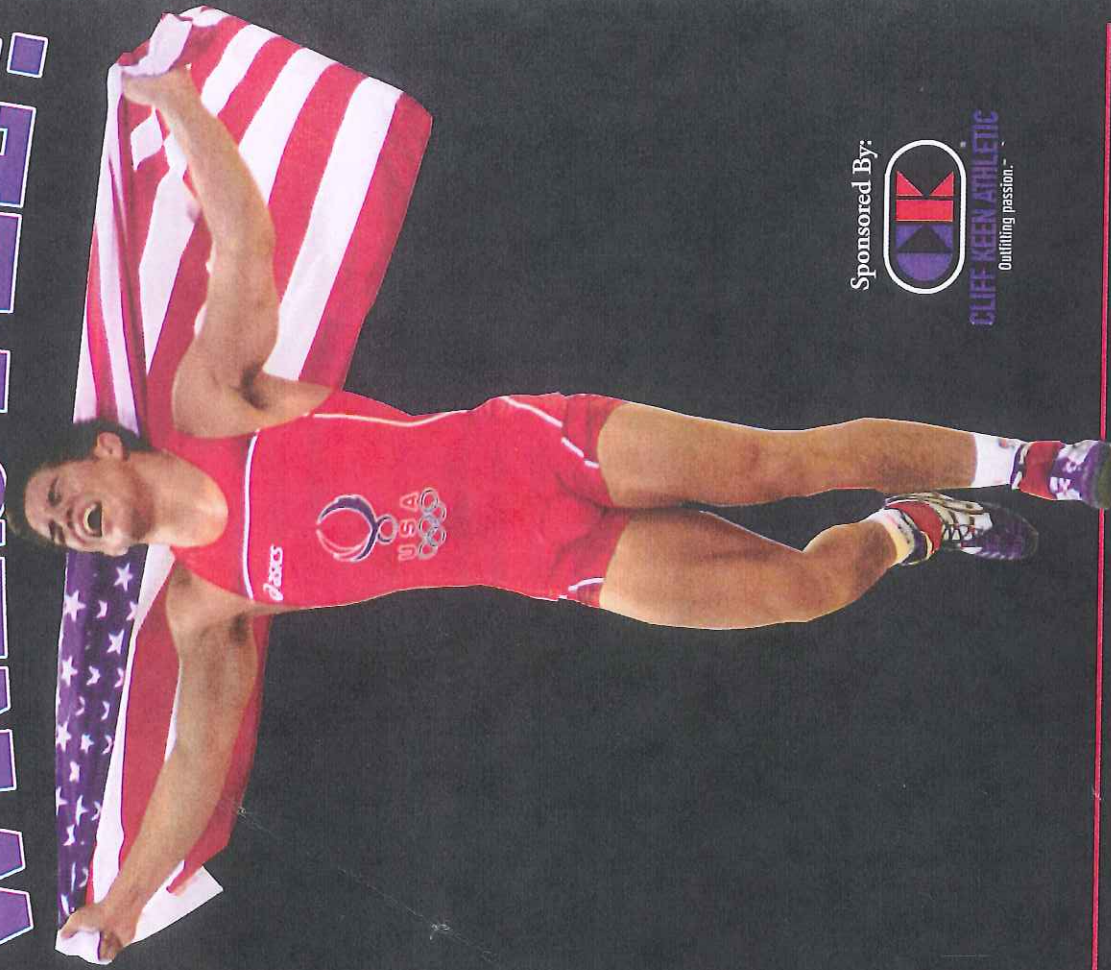
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# Why WRESTLE?



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## WE HAVE OUR REASONS

**1** Wrestling is a natural activity; one of the first forms of physical play that young children do without ever having been taught.



**2** As wrestlers gain experience, technique becomes more complex and often correlates to high academic performance.

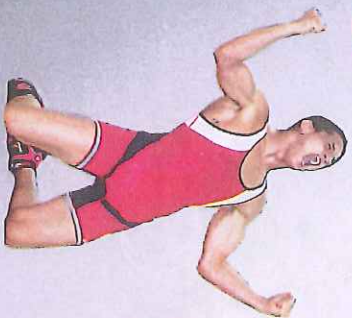
**3** Wrestling does not favor any particular race, gender, culture, size, or stature and is practiced on all continents.



**4** Wrestling builds character that contributes to one's ability to become a responsible member of society.



**5** Wrestling is a sport of control – not violence.



**6** Wrestling is a great way to build confidence and self-defense skills.



**7** Wrestling can dramatically improve one's ability to perform in other sports.



**8** Wrestling is economically affordable.



**9** Wrestling develops agility, balance, reflexes and strength in every major muscle group.

**10** Win or lose, wrestlers must shake their opponent's and opposing coach's hands, ensuring that sportsmanship remains a vital part of the sport.



**11** Proper weight management develops healthy eating habits that benefit the individual throughout life.



**12** Women's freestyle wrestling became an official Olympic sport in 2004 and has exploded in the number of girls competing.



**13** Just as in other sports, college scholarships are available for wrestlers who excel both on the mat and in the classroom.



**14** Funding is available for wrestlers who earn a spot on the USA National Freestyle or Greco Roman Team.

