



WADSWORTH JV/FROSH WRESTLING

Itinerary for Thursday 1/17/13

Report to Wrestling Room 3:30PM
Bus leaves at 3:45PM
Weighins: 5:00PM
Wrestling starts: 6:00PM Wadsworth vs. Nordonia



Where: Nordonia HS

Directions:

- 1.Merge onto I-76 E/US-224 E toward Akron.If you are on Akron Rd and reach S Medina Line Rd you've gone about 0.3 miles too far
- 2.Merge onto OH-21 N via EXIT 13B toward Cleveland.
- 3.Merge onto I-77 N/OH-21 N.
- 4.Merge onto I-271 N via EXIT 144 toward Erie Pa/OH-8-ALT.
- 5.Take the OH-8 exit, EXIT 18, toward OH-82/Macedonia/Northfield
- 6.Turn right onto OH-8 S.If you are on OH-8 N and reach Macedonia Commons Blvd you've gone about 0.2 miles too far
7. Take the 1st left onto E Highland Rd.Long-Yun Restaurant is on the left
- 8.Take the 1st left onto S Bedford Rd.S Bedford Rd is 0.2 miles past Capital Blvd If you reach Highland Pointe Pky you've gone about 0.2 miles too far 8006 S BEDFORD RD is on the left.If you reach Bluejay Trl you've gone about 0.1 miles too far

Will return to Wadsworth High School after 9pm Thursday Evening

Bring nutritional food:

Oatmeal/Juices/Fruit/Fruit bars, Bring a cooler

Wrestling items to bring:

Wadsworth Singlet , sweatshirt warm-ups, headgear, shoes, extra socks and other necessary items.

Check fingernails, be sure to shave, check skin, bring shampoo, special soap, hat, cards etc.

We will be arriving back at Wadsworth Thursday night approx.10:00PM

Keep valuables at home!!!

Any Questions contact Coach Shipley (330) 475-3545
email: wadc_Shipley@wadsworthschools.org