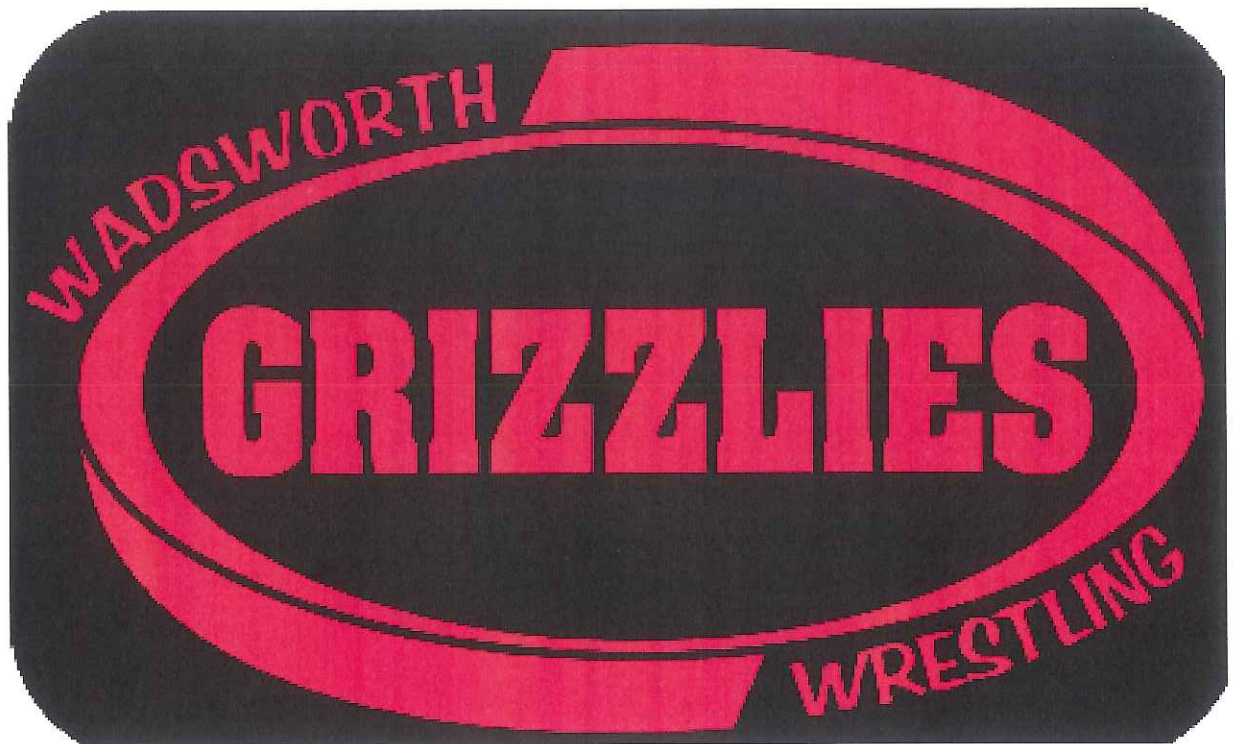


WADSWORTH WRESTLING



2016
OFF-SEASON
SPRING/SUMMER
PROGRAM

ENERGY TAKERS vs ENERGY GIVERS:

ENERGY TAKERS: Wrestlers who need to be motivated

Energy Takers are pretenders who ask to be constantly convinced. Energy Takers need to be talked-up with emotional rhetoric, tricked into giving it their all. Energy Takers do not appreciate their God-given gifts; sadly, they do not know how to show gratitude or respect. Energy Takers are like spoiled children; they seek attention in all the wrong ways and for all the wrong reasons. Energy Takers are selfish individuals who expect to be served by others. Energy Takers demand everything from everyone, but, inexplicably, they require nothing of themselves. Energy Takers exhibit an undeniable sense of entitlement; they are aimlessly driven by ego. Energy Takers sabotage winning, undermining in subtle and passive ways. Energy Takers alienate, discourage, and divide their teammates; and they frustrate, exhaust, and suffocate their coaches and teammates.

ENERGY GIVERS: Wrestlers who are driven

Energy Givers are authentic individuals who live faith-based lives. Energy Givers invest 100% of themselves; they recognize the unforgiving nature of gifted time. Energy Givers treat their bodies like temples; they attack training with relentlessness and a focus that inspires others. Energy Givers have a sense of duty to the players who have come before them; they appreciate tradition and relish in the idea of linking the past to the future. Energy Givers are quick to recognize others, and they humbly go about accepting a role that strengthens the group and takes advantage of individual talents. Energy Givers are unselfish wrestlers who pay attention to detail; they drill hard, diet correctly, stay in a stance, defend a single, win close matches, listen to the corner, and purposefully and positively communicate. Energy Givers own their mistakes and recognize their weaknesses; they seek out those who will hold them accountable to the highest of standards. Energy Givers lead, encourage, and unite teammates; and they support, energize, and trust their coaches and teammates.

-Scott Callaghan-Head Basketball Coach Hoban Knights

2016-2017 TEAM GOALS

**“Make a wise investment...
work towards a State championship”**

1. Win another Team State Championship/Parade in town.
2. Finish in the top 4 and unveil another banner.
3. Match or top 1 Individual State Championships/Match or top 12 State placers.
3. Win Suburban League 25 in a row Place all 14/Match more than 8 champs.
4. Continue the great wrestling tradition of Wadsworth.
5. Lift weights like we have never lifted before. Kettle bells/Sleds/Ropes/Cleans/Bench /Squat on Mon. and Wed 2:55-4:15PM /Summer-MWF 6:45-8AM.
6. Attend Open Mats every Thursday 6:30-8 pm.
7. Attend Freestyle Club Monday and Thursdays 6:30-8:00PM Sat. Tournaments.
8. Goals: Raise money for help on Ohio team, Disney Duals, Fargo, Wadsworth All American All State Camp, Jeff Jordan's Team Camp, Battlezone Underclassman Team Camp.
9. Attend or work Wadsworth All American/ All State SKILLS Camp June 15-17. All Staters are invited counselors.
10. Wrestle in the Baldwin Wallace Shootout May 21.
Attend either Jeff Jordan's Team Camp June 19- June 23 or
Battlezone Underclassmen Elite Camp July 8- July 10.
Battlezone Underclassmen Intensive Camp July 22- July 24.
Battlezone Underclassmen Hammer Camp July 29- July 31.
11. Keep our togetherness: Challenge Course, Clay's Park, Wing night, Paintball, Cedar Point, Waterpark, Summer outing, Rubber Duck Game Night Out for wrestlers, Little Sis, parents and alumni, Some Senior outing.
12. Continue Beefed up the schedule. Ironman/St Edward/ Paris Graham/
13. Continue to send our seniors to college and produce leaders, wrestlers and National Qualifiers, National Champs and ALL AMERICANS.

“Can't be broken”

PIE OF SUCCESS

DEAR WRESTLER,

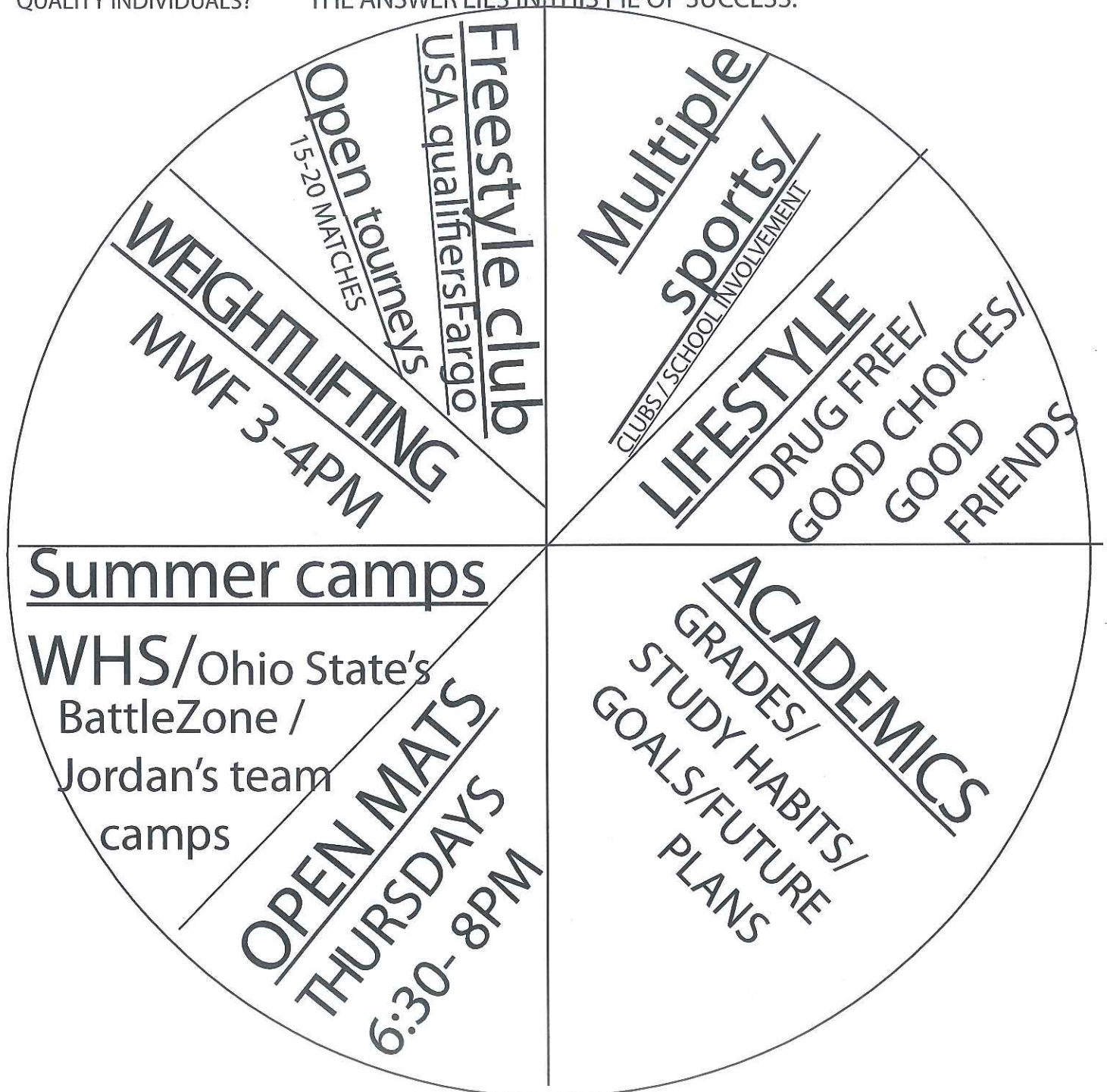
CONGRATULATIONS ON A FANTASTIC SEASON. ALL OF YOU ARE PART OF A NATIONALLY RANKED, STATE-RANKED AND CHAMPIONSHIP PROGRAM.

I HAVE ENCLOSED SOME INFORMATION ON THE SPRING AND SUMMER.

TRY TO READ THE INFO, IT WILL HELP YOU BECOME A CHAMPION, NOT JUST IN WRESTLING BUT IN YOUR OTHER SPORTS, AS WELL

IF YOU HAVE ANY QUESTIONS PLEASE CALL COACH G AT 330-606-1064.

WHAT HAS MADE GRIZZLY WRESTLING NATIONALLY AND STATE RANKED AND PRODUCED STATE CHAMPS AND STATE RUNNERS-UP, STATE PLACERS, STATE QUALIFIERS, DISTRICT QUALIFIERS, AND 24 CONSECUTIVE SUBURBAN LEAGUE TITLES ALONG WITH GRADUATING WELL- ROUNDED QUALITY INDIVIDUALS? THE ANSWER LIES IN THIS PIE OF SUCCESS.



Wadsworth's

All-State / All-American
3 day Wrestling Camp

GRADES 1-12

Instruction by College and
High School Coaches and Wrestlers

JUNE 15-17th

9:00 am-1:00 pm

Wadsworth High School
625 BROAD STREET
Wadsworth OH 44281

Call Coach Gramuglia 330-336-7091 for details.

Mark the date now!!!!



2016 Grizzly Wrestling Club FREESTYLE AND GRECO-ROMAN



Head Coach Clay Wenger plus instruction by guest clinician coaches with help from high school coaches around the area.

MONDAY AND THURSDAY MARCH 21st-MAY 12th

Club open to youth-high school wrestlers that want to develop freestyle skills and have fun with the sport.

**Call/Email Clay Wenger with any questions
(330)414-6671 or battlezonefitness@gmail.com**

Club Schedule

Doors Open 6:00pm

Monday-6:30pm-8:00pm

@BattleZone

257 Main Street Wadsworth, OH

Thursday 6:30pm-8:00pm

@Wadsworth High School

Club Price

\$20-Current BattleZone Members

\$40-Non BattleZone Members

USA Wrestling Card is required

Registration Form

T-Shirt Size: _____

Name: _____ Paid Cash: _____ Paid Check #: _____

Address: _____ USA Card #: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Make checks payable to Wadsworth Wrestling Club Inc.



2016 Grizzly Wrestling Club
FREESTYLE AND
GRECO-ROMAN



Tournament Schedule

<u>Date</u>	<u>Event</u>	<u>Location</u>
Sat. April 2nd	Northeast Qualifier	Jackson High School
Sat. April 9th	Southwest Qualifier	Carroll High School
Sun. April 10th	Central Qualifier	Otterbein University
Sat. April 16th	Northwest Qualifier	Delta High School
Sat. April 23rd	Northeast Qualifier	Canton Field House
Sat. April 30th	Northeast Qualifier	Elyria High School
Sat. April 30th	Kids/Schoolboy State	Elyria High School
Sat. May 14th	Greco/Freestyle State	Western Brown HS
Sun. May 15th	Greco/Freestyle State	Western Brown HS

Registration:

Make sure you bring your USA Wrestling Card to Registration.

Weigh Ins:

The evening before at 7:00pm-8:00pm. Greco weigh ins 7:30am the morning of and Freestyle weigh ins are the day of at 10:00am-11:00am.


Wadsworth's Team Camp




@ Jeff Jordan's State Champ Camp


 **When:** Sunday, June 19- Thursday, June 23


 **Where:** We are at Office or Neff Road Facilities
Neff Road Facilities
2039 Neff Rd.
Urbana, Oh 43078


 **Cost:** \$385.00
Make all checks payable to the Jeff Jordan's State Champ Camp. Fill out Medical Waivers.

 **What:**

- Wrestle up to 10 hours live
- Wrestle 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, air mattress, 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 1:30 PM
Leave at 2 PM Check In 5:30PM-6:00PM

 **Return:** Last session begins at 1 PM. Parents are welcome to watch.
We will be leaving around 3PM We will be arriving back Thursday night at 6 PM and stopping in at Open wrestling.

 **Cost breakdown:** Total \$ 385.00

JEFF JORDAN'S STATE CHAMP CAMP LLC

Application Form

June 19-18

JeffJordanscc@ctcn.net

Name: _____ Grade: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Parents Cell: _____

Verbal Commitment Deadline (to Coach G) - April 18

Application and Deposit Deadline - April 25

Deposit \$100.00 - Payable to: Jordan's Team Camp

Please submit application to: Jeff Jordan Team Camps

JEFF JORDAN'S STATE CHAMP CAMP LLC



BattleZone Wrestling Camps

Register as soon as possible by email!



Camp Description

Beginner Commuter Camp:

Is designed to better your technique and develop a game plan on the mat. We will focus on all positions: top, bottom, and neutral. Camp will also teach every wrestler how to properly drill. We will wrestle live and condition. Our goal is to make everyone leave better than they came.

Resident Intensive Camps:

Is designed to push wrestlers to reach the next level. Camp will have state qualifiers, state placers, state champs, and all americans to wrestle with. Camp will consist of college style practices. Each day we will focus on high level technique, hard drilling, live wrestling, and conditioning. Take your wrestling to the next level.

Camp Information

- Camps will focus on individual attention for each wrestler to help them get the most out of camp
- Teams rates are available
- Each camp will include high school counselors
- Campers will receive a camp t-shirt
- All meals will be provided for residents
- Pack: shirts, shorts, towels, sleeping bag, pillow
- Bring your tents to camp out on the turf
- Extra money to order pizza at night
- Pack anything else you may want
- Make checks payable to BattleZone Fitness
- CONTACT US if you have any further questions

Camp Dates

Beginner Commuter Camp

Price: \$80

Grades: K-3rd

Saturday, June 25th-Sunday, June 26th

Check-in Saturday/Sunday-8:30am

Pick-up Saturday/Sunday-1:00pm

Pack Food

Elite Camp

Resident Camp

Grades 9th-12th

Friday, July 8th-Sunday, July 10th

Intensive Camp

Resident Camp

Grades 4th-8th

Weight Classes 50lbs-80lbs

Friday, July 22nd-Sunday, July 24th

Hammer Camp

Resident Camp

Grades 4th-8th

Weight Classes 85lbs-HWT

Friday, July 29th-Sunday, July 31st

Camp Prices:

Resident Camps: \$200

Commuter Camp: \$80

Register by email:

battlezonefitness@gmail.com



BattleZone Facility

-7,000 Square Feet

-Mat Space

-Turf Space

-Wrestling Training Sessions

-Strength and Conditioning Workouts

-Summer Camps

Registration

Register by email as soon as possible at battlezonefitness@gmail.com with name, camp attending, and shirt size.

Fill out waiver release form at

battlezonefitness.com

BattleZone Training Sessions

Sunday and Wednesday

6:00pm-Youth

7:15pm-High School/Jr. High

Rates

\$7 per session

\$40 per month

\$95 three months

\$180 six months

\$320 yearly

Our Mission

BattleZone Fitness LLC is a local independent business open to all athletes from ages five and up. We offer a wrestling instruction, camps, and training programs along with personalized strength and conditioning programs.

Our wrestling program is not affiliated with any school district or exercise club. BattleZone practices are designed to complement the training athletes are receiving for the local school, sport, or other workout clubs.

BattleZone consists of youth, middle school, high school, and college wrestlers wanting to advance their training. BattleZone is open to ANYONE looking to put in the extra work and become a champion in wrestling and life.

Resident Camps:

Camp Check-in Friday at 5:00pm

Camp Pick-up Sunday at 2:00pm

Daily Schedule:

7:00am-Conditioning Working

7:30am-Breakfast

9:00am-Technique Session

11:30am-Lunch

2:00pm-Technique/Drill Session

4:30pm-Dinner

6:30pm-Drill/Live Session

10:30pm-Lights out

BattleZone Wrestling

Contact Us

battlezonefitness@gmail.com

battlezonefitness.com

(330)414-6671

Address:

257 Main Street Suite 200
Wadsworth, Ohio 44281



"Train with us
this Summer!"



Wadsworth Grizzlies



OPEN MATS

WRESTLING WORKOUT CENTER

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

Time: Doors open 6:00 P.M.-

Wrestling begins 6:30- 8:00 P.M.

Who: Any youth wrestler (Grades 1-12)

College wrestlers welcome interested in developing skills and having fun.

Where: Wadsworth Wrestling Room

Cost: Free! No cost- 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!

I would like to enroll in the OPEN WRESTLING PROGRAM.

Name _____ Age _____ Grade _____

Address _____ Phone _____

I hereby desire that my son participate in the Open Wrestling 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 _____



Open Mats

Thursday Session

6:30-8 PM



6:00PM

Doors Open

6:30-7:00 PM

Stretches/Tumbles/Drills

Takedowns-offense and defense

7:00-7:20PM

LiveTakedowns/Break

7:25-7:45PM

Live Takedown Rides/Break

7:45-8 PM

5 Min. Matches

8:00PM

Warm down/Dynamic stretches

8:00-8:05PM

Team Meeting

8:05-8:15PM (optional)

Ropes, pushups.pullups

Working on
Suburban
League Title
#25

***“Be strong,
Be confident,
Be thankful”***

Grizzly Wrestling Club

March 2016



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Get USA Wrestling Card							
Practices Monday @BattleZone 6:30pm	6 BattleZone Practice 6pm/7:15pm	7	8 BattleZone Practice 6pm/7:15pm	9 BattleZone Practice 6pm/7:15pm	10 BattleZone Practice 6pm/7:15pm	11 BattleZone Practice 6pm/7:15pm	12 OAC Junior High State Tournament
Practices Thursday @Wadsworth 6:30pm	13 OAC Junior High State Tournament BattleZone Practice 6pm/7:15pm	14	15 BattleZone Practice 6pm/7:15pm	16 BattleZone Practice 6pm/7:15pm	17 NCAA Tournament@ Madison Square Garden	18 NCAA Tournament@ Madison Square Garden	19 OAC Youth State Tournament NCAA Finals
Jackson Qualifier Sat. April 2nd	20 OAC Youth State Tournament BattleZone Practice 6pm/7:15pm	21 First Freestyle Practice 6:30pm @BattleZone	22 BattleZone Practice 6pm/7:15pm 7:15pm-Freestyle	23 BattleZone Practice 6pm/7:15pm 7:15pm-Freestyle	24 Holy Thursday No Open Mats	25 Good Friday	26
BattleZone Sunday and Wednesday 6pm-Youth 7:15pm-HS/MS	27 Happy Easter	28 Freestyle Practice 6:30pm @BattleZone	29 BattleZone Practice 6pm/7:15pm	30 BattleZone Practice 6pm/7:15pm	31 Freestyle Practice 6:30pm @Wadsworth		

Coach Clay Wenger
 battlezonefitness@gmail.com
 (330)414-6671

Grizzly Wrestling Club

April 2016

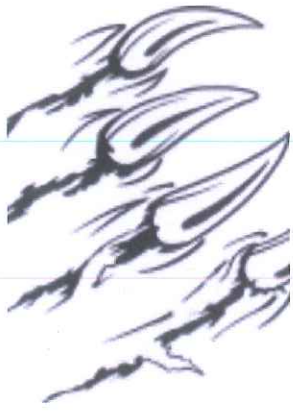


Get USA Wrestling Card	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Practices Monday @BattleZone 6:30pm	3 Spring Break BattleZone Practice 6pm/7:15pm	4 Spring Break Freestyle Practice 6:30pm @BattleZone	5 Spring Break	6 Spring Break BattleZone Practice 6pm/7:15pm	7 Spring Break Freestyle Practice 6:30pm @Wadsworth	8 Spring Break	9 Spring Break Carroll High School Qualifier
Practices Thursday @Wadsworth 6:30pm	10 Spring Break BattleZone Practice 6pm/7:15pm	11 Freestyle Practice 6:30pm @BattleZone	12	13 BattleZone Practice 6pm/7:15pm	14 Freestyle Practice 6:30pm @Wadsworth	15	16 Delta High School Qualifier
Jackson Qualifier Sat. April 2nd	17 BattleZone Practice 6pm/7:15pm	18 Freestyle Practice 6:30pm @BattleZone	19	20 BattleZone Practice 6pm/7:15pm	21 Freestyle Practice 6:30pm @Wadsworth	22	23 Canton Memorial Fieldhouse
Elyria Qualifier Sat. April 30th Kids/Schoolboy State April 30th	24 BattleZone Practice 6pm/7:15pm	25 Freestyle Practice 6:30pm @BattleZone	26	27 BattleZone Practice 6pm/7:15pm	28 Freestyle Practice 6:30pm @Wadsworth	29	30 Elyria High School Qualifier Kids/Schoolboy State Tournament

Coach Clay Wenger
 battlezonefitness@gmail.com
 (330)414-6671

Grizzly Wrestling Club

May 2016



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
BattleZone Practice 6pm/7:15pm	Freestyle Practice 6:30pm @BattleZone	10	11 BattleZone Practice 6pm/7:15pm	12 Last Freestyle Practice 6:30pm @Wadsworth	13	Lakota East Qualifier
8	9	10	11	12	13	14
GR/FS State @Western Brown BattleZone Practice	16	17	18 BattleZone Practice 6pm/7:15pm	19 Open Mats 6:30pm @Wadsworth	20	GR/FS State @Western Brown
15	16	17	18	19	20	21
22 BattleZone Practice 6pm/7:15pm	23	24	25 BattleZone Practice 6pm/7:15pm	26 Open Mats 6:30pm @Wadsworth	27	28
29 BattleZone Practice 6pm/7:15pm	30	31				

**Get USA
Wrestling Card**

**Practices
Monday
@BattleZone
6:30pm**

**Practices
Thursday
@Wadsworth
6:30pm**

**State @Western
Brown May
14th and May
15th**

**Last Practice
May 12th**

**Thanks for a
great season!**

Coach Clay Wenger
battlezonefitness@gmail.com
(330)414-6671