

BE STRONG, BE CONFIDENT, BE THANKFUL

Chief Mike Kallai



**"GUTS, GRIT, GLORY...  
WORK TOWARD A STATE CHAMPIONSHIP"**

# THE EDGE

Working on 25  
&  
#24 in a row

# grit

**WHAT IT IS** The raw endurance,  
perseverance and passion that  
keep you going despite obstacles

# GUTS

I AM GRIZZLY WRESTLER

The difference between the impossible and the possible lies in the wrestler's

**DETERMINATION**

# GRIT

I AM GRIZZLY WRESTLER

A dream doesn't become reality through magic; it takes sweat, hard work, and

**COMMITMENT**

# GLORY

I AM GRIZZLY WRESTLER

It is not the result of spontaneous combustion. You must set yourself on fire to find

**SUCCESS**



# **12 COMMANDMENTS OF WRESTLING**



- 1. THOU SHALL NOT QUIT**
- 2. THOU SHALL NOT MISS WEIGHT**
- 3. THOU SHALL NOT MISS PRACTICE**
- 4. THOU SHALL RESPECT ALL AND FEAR NONE**
- 5. THOU SHALL NOT MAKE EXCUSES**
- 6. THOU SHALL DISPLAY POSITIVE LEADERSHIP**
- 7. THOU SHALL LISTEN TO THY COACHING STAFF**
- 8. THOU SHALL ALWAYS DISPLAY GOOD SPORTSMANSHIP**
- 9. THOU SHALL NOT FORGET WHAT THY PARENTS HAVE DONE**
- 10. THOU SHALL COMPLETE ALL SCHOOL WORK AND GET GOOD GRADES**
- 11. THOU SHALL IMPROVE A LITTLE EACH DAY AS A PERSON, STUDENT AND WRESTLER**
- 12. THOU SHALL NOT DO OTHER ACTIVITIES TO RISK INJURY DURING WRESTLING SEASON**

# 14 THOUGHTS ABOUT BUILDING A GREAT CULTURE

1. Great leaders build and drive great cultures. They know it's their number one priority. They can't delegate it. They must lead and be engaged in the process.
2. Culture is the reason why great organizations have sustained success. Culture drives expectations and beliefs. Expectations and beliefs drive behavior. Behavior drives habits. Habits create the future.
3. Culture beats strategy. Strategy is important but it is your culture that will determine whether your strategy is successful.
4. If you focus on the fruit of the tree (outcomes and numbers) and ignore the root (culture) your tree will die. But if you focus on and nourish the root you always have a great supply of fruit.
5. When building a team and organization you must shape your culture before it shapes you. A culture is forming whether you like it or not. The key is to identify what you want your culture and organization to stand for. Once you know the values and principles that you stand for, every decision is easy to make; including the people you recruit and hire.
6. A culture of greatness doesn't happen by accident. It happens when a leader expects greatness and each person in the organization builds it, lives it, values it, reinforces it and fights for it.
7. Culture is dynamic, not static. Everyone in your organization creates your culture by what they think, say and do each day. Culture is lead from the top down but it comes to life from the bottom up.
8. Your culture is not just your tradition. It is the people in your building who carry it on. —Brad Stevens, Head Coach, Boston Celtics
9. When leading a new team or organization, it will take longer to build a new culture if you allow negative people from the previous culture to contaminate the process.
10. When you build a strong, positive culture most of the energy vampires will leave by themselves because they don't fit in. But you may also have to let a few energy vampires off the bus.
11. Creating a culture where people are afraid to fail leads to failure. Allowing people to fail and learn from failure ultimately leads to success.
12. Change is a part of every culture and organization. Embracing change and innovating will ensure that your organization thrives.
13. Progress is important but when innovating and driving change make sure you honor your tradition, purpose and culture. This generates power from your past to create your future.
14. Culture is like a tree. It takes years to cultivate and grow and yet it can be chopped down in a minute. Protect your culture.



# Team Goals

**" GUTS, GRIT, GLORY...  
WIN #24**

**WHS WRESTLING**

1. PLACE IN TOP 4 OF THE STATE- Get a Banner

2. WIN 24 STRAIGHT LEAGUE CHAMPIONSHIP

BEAT Hudson, North Royalton, Cuy Falls, Stow, Twinsburg, Nardonina, and Brecksville

3. BE THE BEST TEAM WE CAN BE

WIN OR PLACE in the top 3 in every tournament:

IRONMAN TOURNEY, NC HOLIDAY, MEDINA INVITATIONAL TOURNAMENT, OHSAA 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. BE STRONG BE CONFIDENT BE THANKFUL

3 RESPECT, LISTEN, WORK

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

5. Always have a "Winning Attitude."

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

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

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

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

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

11. Be **appreciative** and **THANKFUL**

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

13. **ENDURE FATIGUE**



**" GUTS, GRIT, GLORY...**

**WIN #24**

**WHS WRESTLING**

**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.



**" GUTS, GRIT, GLORY... "**

**WIN #24**

**WHS WRESTLING**

**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 **2:50 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.

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



**WHS WRESTLING**

**" GUTS, GRIT, GLORY...**

**WIN #24**

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 11, 2016, 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

**WHS WRESTLING**

**"GUTS, GRIT, GLORY..."**

**WIN #24**

- 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/

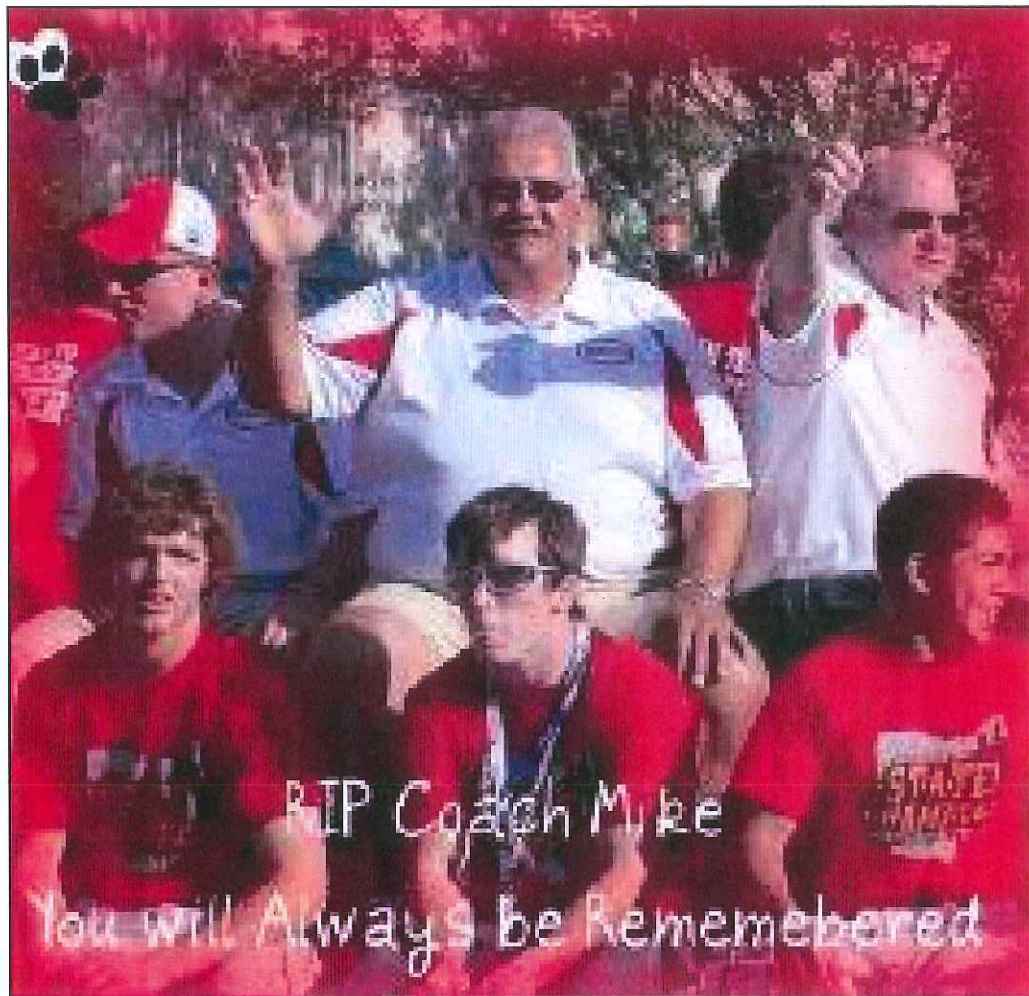
**TIES-**

- 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



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



**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.**



## THERE ARE THREE TYPES OF WRESTLERS IN THE WADSWORTH WRESTLING PROGRAM:

1. THE WRESTLERS WHO MAKE THINGS HAPPEN.
2. THE WRESTLERS WHO WAIT FOR THINGS TO HAPPEN.
3. THE WRESTLERS WHO ASK WHAT JUST HAPPENED.

WHAT KIND OF WRESTLER WILL YOU  
BE IN 2015-16?

# Wadsworth Wrestling

## 2015-2016

### *Captain Consideration*

DOES HE...

LEAD BY SUPERIOR ATTITUDE to himself, teammates, and coaches

RESPECT himself, teammates, and coaches

BELIEVE IN himself, teammates, and coaches

EXHIBIT WORK ETHIC with himself, teammates, and coaches

HAVE THE ABILITY TO MOTIVATE himself, teammates, and coaches

DO OTHERS...RESPECT, BELIEVE, OR ARE MOTIVATED BY HIM?

HOW MANY OF THE FOLLOWING CATEGORIES DOES HE POSSESS?

- |                  |                          |                         |
|------------------|--------------------------|-------------------------|
| State Champion   | •Offseason wrestling     | •Off season camps       |
| •State Placer    | •Freestyle participation | •Grades                 |
| •State Qualifier | •USA All-American        | •Good citizenship       |
| •District Champ  | •USA National Champ      | •Coach recommendation   |
| •Sectional Champ | •Weight room attendance  | •Coach nomination       |
| •Suburban Champ  | •Open Mats attendance    | •Teacher recommendation |
| •Suburban Placer | •Folkstyle tournaments   |                         |

# Road to State Tournament

<u>EVENT</u>	<u>GOLD</u>	<u>SILVER</u>	<u>BRONZE</u>	<u>NEEDS IMPROVEMENT</u>
400 M	59 SECS. <	60-68 SECS.	69-74 SECS.	75 SECS. OR >
BENCH	50LB OVER WT. 10X	25LB OVER WT. 10X	BODY WEIGHT 10X	BODY WEIGHT 9X OR <
SQUAT	100LB OVER WT. 10X	50 LB OVER WT. 10X	BODY WEIGHT 10X	BODY WEIGHT 9X OR <
1 MILE	5:45	6:15	7:15	7:01 OR >
CHIN UPS	50 LB ON LAT BELT 10X	25 LB ON LAT BELT 10X	BODY WEIGHT 10X	BODY WEIGHT 9X OR <
SIT UPS	50 LB BEHIND HEAD 10X	25 LB BEHIND HEAD 10X	BODY WEIGHT +10LB 10X	BODY WEIGHT +9LB 9X OR <

Working on  
Suburban League Title  
#24 in a row

Working on  
Top 4 in  
the State



# 2015-2016 WADSWORTH GRIZZLY WRESTLING



Fri. November 27	Preview @ Padua
Sat. December 5	Lexington Quad
Thurs. December 10	<b>Suburban Duals- Twinsburg/Hudson</b>
Fri-Sat. Dec. 11,12	Ironman Tournament @ Walsh Jesuit
Thurs. December 17	Suburban Duals-@ Stow/N Royalton
Fri-Sat. Dec. 18,19	North Canton Tournament
Sun/Mon Dec 27, 28	Medina Invitational Tournament
Thurs. January 7	Suburban Duals@ Cuy Falls-Nordonia /Brecksville
Thurs. January 14	Suburban Dual vs @Cuyahoga Falls
Sat. January 23	<b>GIT (H)</b>
Wed. January 27	State Dual Quarterfinals @TBA
Wed. February 3	State Dual Regional Semis/ Finals @TBA
Sat. February 6	<b>Suburban League Tourn. (H)</b>
Thurs. February 11	<b>Lorain (H)</b> (Senior Night)
Sun. February 14	State Dual Final 8 @Columbus
Fri-Sat. Feb. 19,20	<b>Sectional Tournament (H)</b>
Fri-Sat. Feb. 26,27	Districts @ Perrysburg
Th, Fri, Sat, Mar 3,4,5	State Tournament @ Columbus

**" GUTS, GRIT ,GLORY  
WORK TOWARD A STATE CHAMPIONSHIP"**

**-WIN #1-NEW LEAGUE**



**Guts  
Grit  
Glory**

# WADSWORTH WRESTLING

## 2015-2016

Varsity B

Contact - Matt Hulme - Nick Ranallo - Clay Wenger

News

[2016 GIT Teams  
Announced!](#)



### The Battle Zone

833 Norton Ave.  
Barberton Ohio 44201  
Workouts are  
Sunday and Wednesday  
HS and Middle 7:15 PM  
Youth 6 PM

**Links**

[Varsity](#)

**Varsity B**

[JV Freshman  
Middle School  
Youth](#)



**2016 GIT  
Teams  
Announced!**

**State Champ  
and Placers**

**Individual and  
Team Records**

- [14-15 Results](#)
- [13-14 Results](#)
- [12-13 Results](#)
- [11-12 Results](#)
- [10-11 Results](#)
- [09-10 Results](#)
- [08-09 Results](#)
- [07-08 Results](#)
- [06-07 Results](#)
- [05-06 Results](#)
- [04-05 Results](#)
- [03-04 Results](#)
- [02-03 Results](#)
- [01-02 Results](#)

[Hotels](#)

[Map](#)

[GCWCOA](#)  
[OHSAA](#)  
[USA-OHIO](#)  
[Get USA Card](#)

[Coaches Aid](#)  
[sportsink.com](#)

DATE	OPPONENT	TIME	RESULTS
Sat. 12-5-15	@ Cambridge Duals	9:00AM	
Thu. 12-10-15	Twinsburg/Hudson - Home	6:00 PM	
Fri. 12-11-15	@ Marlinton Duals	4:00PM	
Sat. 12-12-15	@ Marlinton Duals	9:00AM	
Wed. 12-16-15	@ Ellet w/ Doylestown	TBA	
Thu. 12-17-15	@Stow - North Royalton	6:00 PM	
Sat. 12-19-15	@ Brooklyn Brawl	10:00AM	
Sat. 1-2-16	@Meadowbrook Duals	10:00AM	
Thu. 1-7-16	@Cuy. Falls - Nordonia/Brecksville	6:00PM	
Sat. 1-9-16	Joe Searcy Invitational @ Bedford	9:30AM	
Thu. 1-14-16	@ Cuy. Falls	6:00PM	
Sat. 1-16-16	@ Wooster Invitational	10:00AM	
Sat. 1-30-16	@ Battle at the BranchTournament	TBA	
Home meets in Red			

**Guts  
Grit  
Glory**

**WADSWORTH WRESTLING  
2015-2016**

JV/Fresh

**Links**

Contact - Matt Hulme - Nick Ranallo - Clay Wenger

[Varsity](#)  
[Varstiv B](#)

[JV Freshman](#)

[Middle School](#)  
[Youth](#)



**2016 GIT  
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DATE	OPPONENT	TIME	RESULT
Thu. 12-10-15	Twinsburg/Hudson - Home	6:00PM	
Mon. 12-14-15	@ Marlinton Ironboy #1	5:30PM	
Thu. 12-17-15	@ Stow/North Royalton	6:00PM	
Mon. 12-21-15	@ Copley JV Tournament	9:00AM	
Thu. 1-7-16	@ Cuy. Falls - Nordonia/Brecksville	6:00PM	
Mon. 1-11-16	@ Marlinton Ironboy #2	5:30PM	
Thu. 1-14-16	@ Cuyahoga Falls	6:00PM	
Mon. 1-18-16	@ Lutheran West Tournament	9:00AM	
Thu. 1-21-16	@ Doylestown Tri	TBA	
Thu. 1-28-16	@ Normandy JV Pool	TBA	
Mon. 2 -1-16	@ Marlinton Ironboy #3	11:30AM	
Sat. 2-13-16	@ Copley JV League Tournament	9:00AM	
Home meets in Red			

**News**

[Guts Grit Glory 2015-2016](#)



**The Battle Zone**  
833 Norton Ave. Barberton Ohio  
44203

Workouts are  
Sunday and Wednesday  
HS and Middle 7:15 PM.  
Youth 6 PM

# SOCIAL MEDIA GUIDELINES FOR STUDENT-ATHLETES

These guidelines are intended to provide a framework for student-athletes to conduct themselves safely and responsibly in an on-line environment. As a Wrestler at Wadsworth High School you should:

1. Be careful with how much and what kind of identifying information you post on social networking sites. Virtually anyone with an email address can access your personal page. It is unwise to make available information such as: full date of birth, social security number, address, phone number, cell phone numbers, class schedules, bank account information, or details about your daily routine. All of these can facilitate identity theft or stalking. Facebook and other sites provide numerous privacy settings for information contained in its pages; use these settings to protect private information. However, once posted, remember the information becomes property of the website.
2. Be aware that potential current and future employers and college admissions offices often access information you place on social networking sites. You should think about any information you post on Facebook or similar directories potentially providing an image of you to a prospective employer or school. The information is considered public information. Protect yourself by maintaining a self-image that you can be proud of years from now.
3. Be careful in responding to unsolicited e-mails asking for passwords or PIN numbers. Reputable businesses do not ask for this information in e-mails.
4. Do not have a false sense of security about your rights to freedom of speech. Understand that freedom of speech is not unlimited. The on-line social network sites are NOT a place where you can say and do whatever you want without repercussions.
5. Remember, photos put on the social network site's server become their property. You may delete the photo from your profile, but it still stays on their server. Internet search engines like Google or Yahoo may still find that image long after you have deleted it from your profile. Think long and hard about what type of photo you want to represent you.

Things student athletes should avoid:

Derogatory language or remarks about teammates or coaches; other Wadsworth student-athletes, teachers, or coaches; student-athletes, coaches, athletics administrators or representatives of other schools.

1. Demeaning statements about or threats to any third party.
2. Incriminating photos or statements depicting violence; bullying; hazing; sexual harassment; vandalism, stalking; underage drinking; selling, possessing, or using controlled substances; or any other inappropriate behaviors.
3. Creating a serious danger to the safety of another person or making a credible threat of serious physical or emotional injury to another person.
4. Indicating knowledge of an unreported felony theft or felony criminal damage to property.
5. Indicating knowledge of an unreported school or team violation—regardless if the violation was unintentional or intentional.

One of the biggest lessons social network users can learn is that anything you post on-line enters the public record. You never know who may be looking. For instance, there have been cases where minors were cited for underage drinking or breaking the rules of an apartment lease after pictures of wild parties were posted on social networking sites. Kids posting photos bragging of graffiti have been arrested by police.

Although not every Facebook, Twitter, or Instagram misstep makes the national news, users should always be sensitive to how others might perceive their profiles. A private joke isn't so private when it's accessible to millions across the internet, and it can easily offend someone who doesn't understand the context. If that isn't enough to make you think twice about posting an inappropriate picture or off-color comment, consider your future. High school and college students should carefully consider their social media profiles and ask themselves how they would look to a future college admissions officer or potential employer.

St. Thomas Aquinas High School - 197 Dover Point Rd, Dover, NH 03820 - Phone: 603-742-3206 - Fax: 603-749-7822

\*Ideas borrowed from St. Thomas Aquinas H.S., Dover, NH

Words and images have the ability to encourage and inspire; unfortunately, words and images have the ability to embarrass, hurt, and divide, as well.

Do not post or share anything on-line that would reflect negatively upon our wrestling program, Wadsworth High School, your family, or our community and church.

Our goal should be to represent ourselves in a virtuous and Christ-like manner.

The misuse of social media will not be tolerated. What is "said on-line" will be viewed as if it was "said" in a face to face conversation.

# WADSWORTH WRESTLING: 2015-2016 SEASON SMART GOALS

## THREE PERSONAL GOALS (NON-WRESTLING RELATED)

1.

2.

3.

## THREE INDIVIDUAL WRESTLING GOALS (INCLUDE ACTION PLAN TO BECOME 10% BETTER)

1.

2.

3.

## THREE TEAM WRESTLING GOALS

1.

2.

3.

## THREE GOALS FOR YOUR BROTHERS/BUDDIES (WRESTLING OR NON-WRESTLING RELATED)

1.

2.

3.

# Setting SMART Goals



You goal should be as specific as possible and answer the questions: **What** is your goal? **How** often or how much? **Where** will it take place?



**How** will you measure your goal? Measurement will give you **specific feedback** and hold you accountable.



Goals should push you, but it is important that they are **achievable**. Are your goals attainable?



Is your **goal and timeframe realistic** for the goal you have established?



Do you have a **timeframe** listed in your SMART goal? This helps you be **accountable** and helps in **motivation**.

\* Setting specific and challenging goals leads to better performance!

