

WADSWORTH WRESTLING



PROGRAM GOALS

2006-2007

WADSWORTH GRIZZLIES

WRESTLING

2006
14 IN A ROW

CHAMPIONS

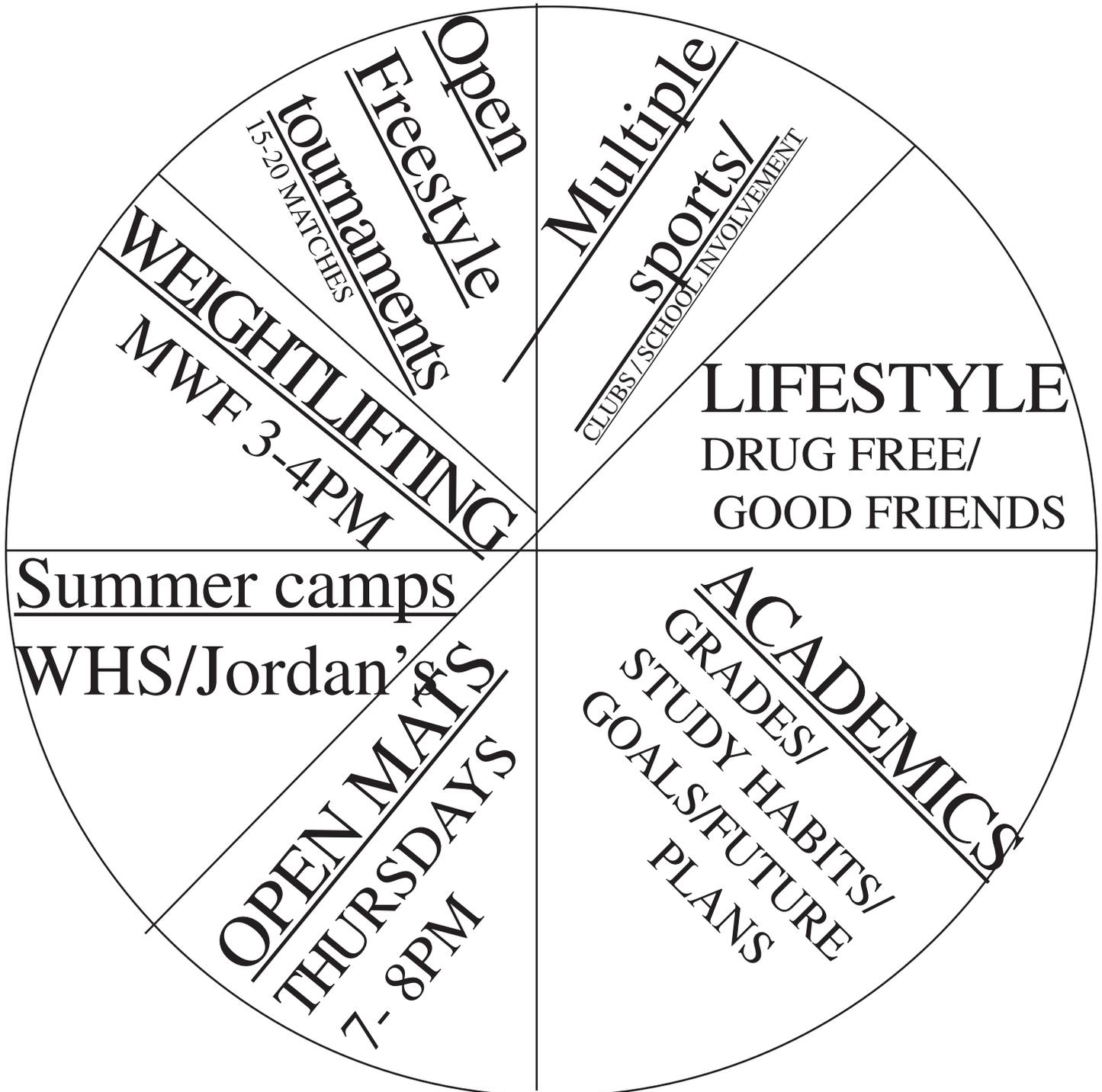
SUBURBAN LEAGUE

PIE OF SUCCESS

DEAR WRESTLER,

CONGRATULATIONS ON A FANTASTIC SEASON. ALL OF YOU ARE PART OF A 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 330-336-7091.

WHAT HAS MADE GRIZZLY WRESTLING NATIONALLY AND STATE RANKED AND PRODUCED STATE CHAMPS AND STATE RUNNERS-UP, STATE PLACERS, STATE QUALIFIERS, DISTRICT QUALIFIERS, AND 14 CONSECUTIVE SUBURBAN LEAGUE TITLES ALONG WITH GRADUATING WELL-ROUNDED QUALITY INDIVIDUALS? THE ANSWER LIES IN THIS PIE OF SUCCESS.



2006-07 TEAM GOALS

“Strength within, Pride throughout.”

1. Find our Strength within and spread our Pride throughout!
2. Lift weights get stronger using Wadsworth wrestling lifting program
3. Attend Open Mats every Thursday 7-8pm
4. Attend Freestyle Club Wednesday 7-9pm Thursday Competition day (4 Duals and tournament)
5. Wrestle or work at the Open Freestyle tourneys: April 22/ May 20
Need volunteers:
Goals: Raise money for help on Ohio team, Disney Duals, Fargo, Jordan's camp
6. Attend or work Wadsworth All American/ All State SKILLS Camp June 14-16.
All Staters are invited counselors
7. Attend Jeff Jordan's Team Camp June 18- June 22. You should be at one major camp this summer.
8. Keep our togetherness: Aeros Game Night Out for wrestlers, Little Sis, parents and alumni Senior outing
9. Continue Beefed up the schedule.
10. Continue to send our seniors to college and produce leaders, wrestlers and National Qualifiers and ALL AMERICANS.
11. Win another Individual State Championship in 2006-2007 and finish in the top 4 and unveil another Banner in the gym at next year's banquet.
12. Participate in other sports and school organizations



GRIZZLY Wrestling Club
 FREESTYLE AND
 GRECO-ROMAN

WRESTLING CLUB and LEAGUE

Instruction by Guest area coaches with help from
 high school coaches and area wrestlers

Wednesdays

March 15-May 17

Middle school - High school students

7:00PM-9:00PM

Wadsworth Wrestling Room

Call Coach Kallai 330-334-5409 for details.

REGISTRATION FORM

Freestyle/Greco Roman Wrestling Club DAY OF WEEK TUESDAY FEE: \$60.00

Name: _____ Date of Birth _____ Grade _____

Address: _____ Home Phone: () _____

Make checks payable to Wadsworth Youth Wrestling Club



Wadsworth Grizzlies



WRESTLING

WORKOUT CENTER

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

Time: 7:00 P.M.- 8:00 P.M.

Who: Any wrestler interested in developing skill and having fun.

Where: Wadsworth Wrestling Room

Cost: Free! Free! Free! Just 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 MAT PROGRAM.

Name _____ Age _____ Grade _____

Address _____ Phone _____

I hereby desire that my son participate in the 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



6:30PM

Doors Open

6:45-7:00 PM

Stretches

7:00-7:15PM

Jog laps & tumbles
25 Favorite Takedowns

7:15-7:30PM

Live Takedowns

7:30-7:45PM

Live Takedown Rides

7:45-8:00PM

3- 5 Min. Matches

8:00-8:15PM

Warm down

8:00-8:15PM

Ropes, pushups.pullups

Team Meeting

Working on
Suburban
League Title #15
in a row

“Strength
within, Pride
throughout”

Jeff Jordan's Team Camp



☞ **When:** Sunday, June 18- Thursday, June 22

☞ **Where:** Jeff Jordan's Team Camp Urbana, Ohio

☞ **How:** Be sure to contact Coach G and turn in your \$100.00 deposit. Make all checks payable to the Wadsworth Youth Wrestling Club.

☞ **What:**

- Wrestle 10-20 individual matches
- Wrestle dual meets from 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, 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 2:00PM

☞ **Return:** We will be arriving back late Thursday night

☞ **Cost breakdown:** Total \$ 375.00

JEFF JORDAN'S STATE CHAMP CAMP LLC

Application Form

June 18-22

Name: _____ Grade: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Parents Cell: _____

Verbal Commitment Deadline (to Coach G) - April 1st

Application and Deposit Deadline - April 15th

Deposit \$100.00 - Payable to: Wadsworth Youth Wrestling

Please submit application to: Coach G 330-336-7091
230 Maylawn Ave
Wadsworth OH 44281

JEFF JORDAN'S STATE CHAMP CAMP LLC