

Road to a State Championship Calendar

October 2010



WHS WRESTLING

“ WE KNOW WHAT IT TAKES; WE CAN REPEAT! ”

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

**WORK FOUR
HOURS A WEEK!**

KEEP LIFTING

**WORK ON
KEEPING
GOOD GRADES**

**WORK FOUR
HOURS A WEEK!**

**GET A
PHYSICAL.**



WRESTLING ROOM 330-335-1408

Coach Gramuglia 330-336-7091

Coach Brandon Cobb 330-714-7588

Coach Kip Shipley 330-475-3545

Coach Jerry Nadeau 330-714-2821

				1 WEIGHTLIFTING 3-4 PM	2 CONDITIONING OPEN MATS 6:00-8pm	3 WEIGHTLIFTING 3-4 PM FOOTBALL VS GREEN (H)	
3	4 WEIGHTLIFTING 3-4 PM	5 CONDITIONING 2:50-4:15 PM	6 WEIGHTLIFTING 3-4 PM	7 CONDITIONING OPEN MATS 3-4:30- FOOTBALL vs. COPLEY (H)	8 WEIGHTLIFTING 3-4 PM	9	
10	11 WEIGHTLIFTING 3-4 PM	12 CONDITIONING 2:50-4:15 PM	13 WEIGHTLIFTING 3-4 PM	14 CONDITIONING OPEN MATS 6:00-8pm	15 WEIGHTLIFTING 3-4 PM FOOTBALL vs. TALLMADGE (A)	16	
17	18 WEIGHTLIFTING 3-4 PM	19 CONDITIONING 2:50-4:15 PM	20 WEIGHTLIFTING 3-4 PM	21 CONDITIONING OPEN MATS 6:00-8pm	22 WEIGHTLIFTING 3-4 PM FOOTBALL VS HIGHLAND (H)	23	
24	25 WEIGHTLIFTING 3-4PM	26 CONDITIONING 2:50-4:15 PM	27 WEIGHTLIFTING 3-4 PM	28 CONDITIONING OPEN MATS 6:00-8pm	29 WEIGHTLIFTING 3-4 PM FOOTBALL VS BARBERTON (H)	30	
31							