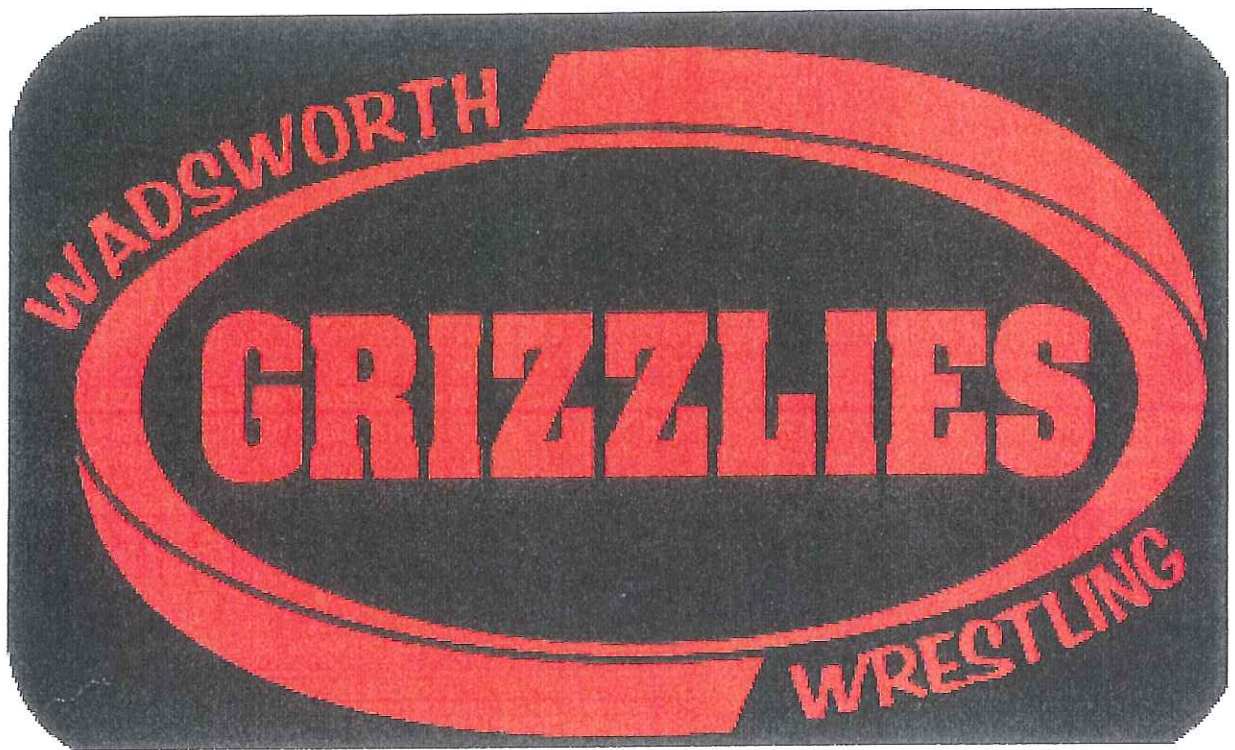


WADSWORTH WRESTLING



2011
OFF- SEASON
SPRING AND SUMMER
PROGRAM

PIE OF SUCCESS

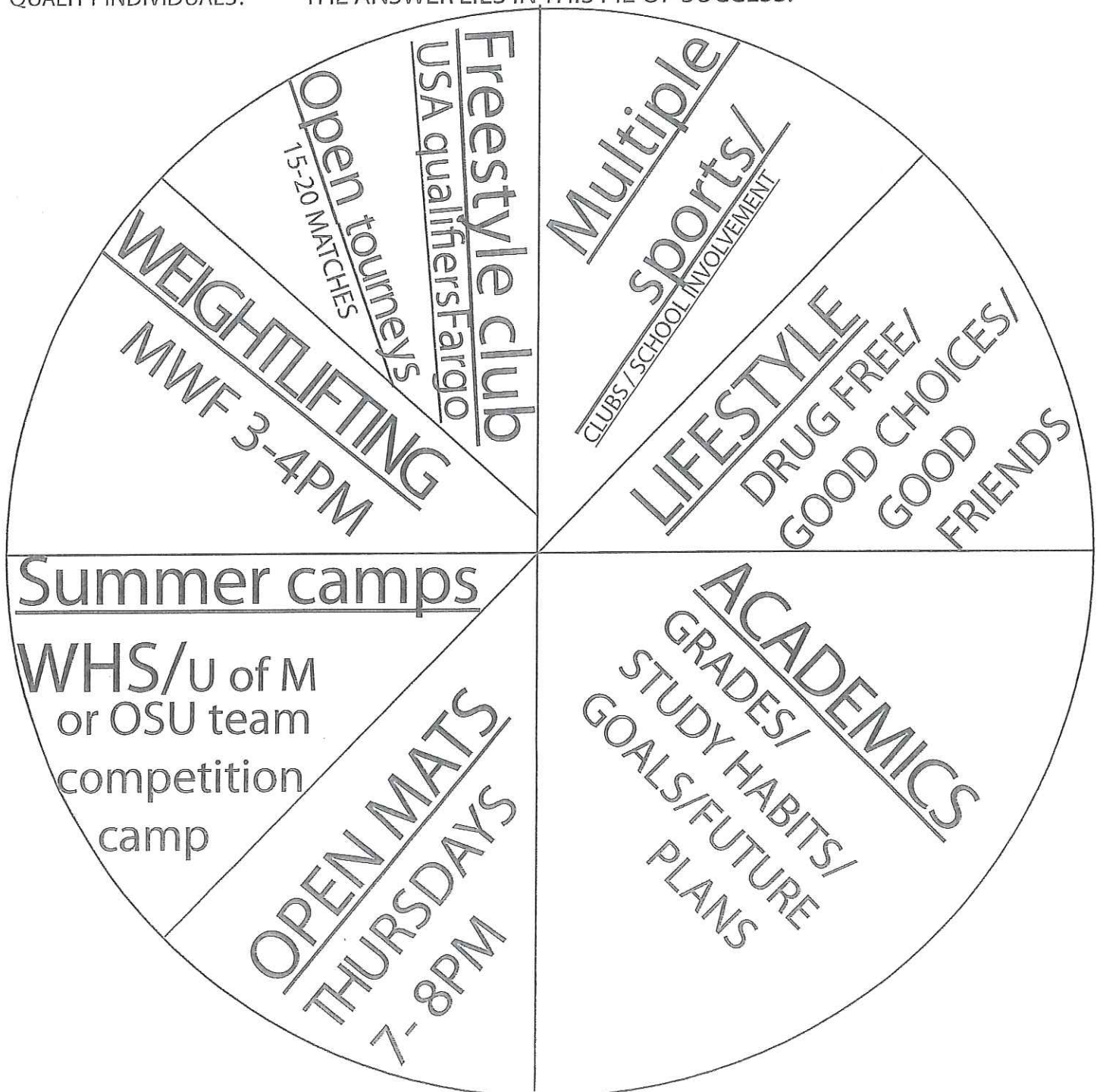
DEAR WRESTLER,
CONGRATULATIONS ON A FANTASTIC SEASON. ALL OF YOU ARE PART OF A NATIONALLY RANKED,
STATE-RANKED AND CHAMPIONSHIP PROGRAM.

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 18
CONSECUTIVE SUBURBAN LEAGUE TITLES ALONG WITH GRADUATING WELL- ROUNDED
QUALITY INDIVIDUALS? THE ANSWER LIES IN THIS PIE OF SUCCESS.



2011-2012 TEAM GOALS

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

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 9 State placers
3. Win Suburban League 20 in a row Place all 14/Match more than 6 champs
4. Continue the great wrestling tradition of Wadsworth.
5. Lift weights like we have never lifted before.
6. Attend Open Mats every Thursday 7-8 pm
7. Attend Freestyle Club Tuesday and Thursdays 6:30-8:00PM Sat. Tournaments
8. Goals: Raise money for help on Ohio team, Disney Duals, Fargo, U of Michigan's camp, OSU Underclassman Team Camp
9. Attend or work Wadsworth All American/ All State SKILLS Camp June 8--10. All Staters are invited counselors
10. Attend either University of Michigan's Team Camp June 26- June 30 or Ohio State Underclassmen Team Camp June 26- June 30. You should be at one major camp this summer.
11. Keep our togetherness: Challenge Course, Clay's Park, Cleats wing night, Paintball, Cedar Point, Geauga Lake Waterpark, Summer outing, Aeros Game Night Out for wrestlers, Little Sis, parents and alumni, Some Senior outing
12. Continue Beefed up the schedule.
13. Continue to send our seniors to college and produce leaders, wrestlers and National Qualifiers, National Champs and ALL AMERICANS.
14. Participate in other sports and school organizations

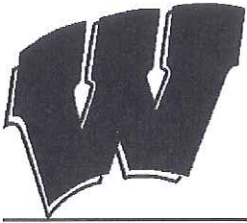
Pre-Season Lifting Routine

Total Body

Wednesday

****Record Weight Used and Repetitions Performed****

<u>Exercise</u>	Reps	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
4 Way Neck	12						
Up Right Rows	6 -- 10						
Up Right Rows	6 -- 10						
Up Right Rows	6 -- 10						
Squat	6 -- 10						
Squat	6 -- 10						
Squat	6 -- 10						
High Pulls	6 -- 10						
High Pulls	6 -- 10						
High Pulls	6 -- 10						
Pull Ups	6 -- 10						
Pull Ups	6 -- 10						
Pull Ups	6 -- 10						
Shoulder Press	6 -- 10						
Shoulder Press	6 -- 10						
Shoulder Press	6 -- 10						
Dead Lifts	6 -- 10						
Dead Lifts	6 -- 10						
Dead Lifts	6 -- 10						
Calf Raises	30						
3 Way Shoulders	10-8-6-4-2						
Abs	10						
Abs	10						
Abs	10						
Biceps	6 -- 10						
Triceps	6 -- 10						



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
#21

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

2011 GRIZZLY Wrestling Club



FREESTYLE AND GRECO-ROMAN



WRESTLING CLUB

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

TUESDAY AND THURSDAY

March 22-May 13

Middle school - High school students

6:30PM-8:00PM

Wadsworth Wrestling Room

Call Coach Jerry Nadeau 330-714-2821 for details.

REGISTRATION FORM

USA card
seen _____
Not seen _____

Shrt size _____

Paid by ck# _____

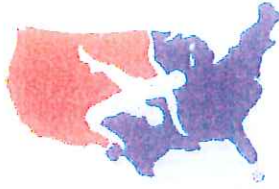
Club GRIZZLY CLUB Class : FREESTYLE/GRECO DAY OF WEEK: TUESDAY FEE:\$40.00 plus USA card

Name: _____ Total: _____

Address: _____ Home Phone: () _____

City: _____ State: _____ Zip: _____ Work Phone: () _____

Make checks payable to Wadsworth Youth Wrestling Club



USA Wrestling-Ohio

DEDICATED TO THE ADVANCEMENT OF AMATEUR WRESTLING



Wrestling Programs for 2011

This flyer contains most of the information you will need to know about this year's USA Wrestling - Ohio tournaments and other wrestling events. For directions to a given tournament venue or specific tournament questions not covered in this flyer, please call or e-mail the individual Tournament Director listed in the schedule on the reverse side. For general questions about USA Wrestling - Ohio programs, procedures, new rules, or other matters, please consult the USA Wrestling - Ohio web site at www.usawrestling-ohio.org or call Keith Carter (513)292-5837 or Chris Kallai (330)334-5409 (between 7:00 PM and 9:00 PM please).

Age Division	Years Born	Match Times	No. of Weight Classes	Weight Classes
Bantam	2003 or 2004	3 – 2 minute periods 30 seconds rest / periods	Varies	To be determined after weigh-ins
Intermediate	2001 or 2002	3 – 2 minute periods 30 seconds rest / periods	Varies	To be determined after weigh-ins
Novice	1999 or 2000	3 – 2 minute periods 30 seconds rest / periods	Varies	To be determined after weigh-ins
Schoolboy	1997 or 1998	3 – 2 minute periods 30 seconds rest / periods	17	70, 77, 84, 91, 98, 105, 112, 120, 128, 136, 144, 152, 160, 175, 190, 210, 265
Cadet	1995 or 1996	3 – 2 minute periods 30 seconds rest / periods	17	84, 91, 98, 105, 112, 119, 125, 130, 135, 140, 145, 152, 160, 171, 189, 215, 285 (maximum)
Junior	9/1/91 and after, plus enrolled in HS	3 – 2 minute periods 30 seconds rest / periods	15	98, 105, 112, 119, 125, 130, 135, 140, 145, 152, 160, 171, 189, 215, 285 (maximum)
Junior Women	9/1/91 and after, plus enrolled in HS	3 – 2 minute periods 30 seconds rest / periods	11	95, 102, 109, 116, 124, 132, 139, 146, 153, 165, 190, 220
Ohio Open	1991 or before, plus out of HS	3 – 2 minute periods 30 seconds rest / periods	10	121, 132, 139, 146, 154, 163, 174, 185, 212, 265 (maximum)

Important Note Weight classes for the Bantam through Novice Divisions at ALL EVENTS will be determined after weigh-ins by grouping competitors according to their actual weights using the BLOCK WEIGHT system.
All Registration forms MUST be signed by a parent/guardian if the wrestler is under 18 yrs old

Registration, Weigh-In, and Competition Policies and Procedures

- ALL WRESTLERS **MUST** PRESENT A CURRENT USA WRESTLING COMPETITOR'S CARD AT REGISTRATION FOR EACH TOURNAMENT. Cards are available online at www.usawrestling-ohio.org (Visa or Mastercard required) or from USA Wrestling - Ohio clubs for \$28.00 (Bantam through Schoolboy) or \$35.00 (Cadet through Open) or at the door of tournaments for \$40.00 (all age divisions). WRESTLERS **MUST** SHOW PROOF OF AGE TO OBTAIN A USA WRESTLING CARD.
- All active coaches **must** have a current USA Wrestling coach's card. Cards are available online at www.usawrestling-ohio.org, or through clubs for \$40.00. **All coaches cards must be purchased online and will require a USA WRESTLING BACKGROUND CHECK (\$17 – good for two years) BE COMPLETED. Please plan TWO WEEKS for the completion of your background check!!!!** A CURRENT USA WRESTLING COACH'S CARD WILL BE REQUIRED FOR MAT ACCESS AT ALL USA WRESTLING - OHIO STATE EVENTS. A Floor pass will be available at all Qualifiers (Cost \$5 each event) for non-coach's card holders but will NOT allow you access to the mat - only Coaches with current USA Wrestling Coach's Cards will be allowed on the mat. ONLY CURRENT USA WRESTLING COACH'S CARD HOLDERS WILL BE ALLOWED ON THE FLOOR AT THE STATE GRECO AND FREESTYLE CHAMPIONSHIPS.
- Female wrestlers may compete with male wrestlers in all Folkstyle, Greco-Roman, and Freestyle competitions *at their own risk*. The only exception to this will be the Freestyle State Championship where a separate Women's Division competition will be held if there are a sufficient number of entries.
- National Federation scholastic rules (with appropriate USAW modifications) will be used for all Folkstyle tournaments. Traditional scholastic bracketing with full double elimination for all participants will be used.
- FILA rules with USA Wrestling modifications will be used for all Greco-Roman and Freestyle tournaments. Vertical pairing and "Good Mark" classification will be used. Medals will be given to the top three placers IN SCHOOLBOY AND YOUNGER AGE GROUPS ONLY AT ALL QUALIFIERS.
- Separate red and blue singlets or reversible red/blue singlets with underbriefs are **STRONGLY RECOMMENDED** at all GR/FS Qualifier Tournaments and are **REQUIRED** at all GR and FS State Championships.
- THE USE OF SHORTS AND T-SHIRTS IN PLACE OF A SINGLET IS **NOT** PERMITTED FOR ANY COMPETITION.
- Wrestlers may only wrestle in one age division and weight class. Cadets who are in high school may wrestle in the Cadet or Junior Division. The decision to wrestle in the Cadet or Junior Division **MUST** be made at the time of registration.
- The USA Wrestling Rapid Weight Reduction Rule will be posted and **strictly enforced** at all USA Wrestling - Ohio events. Any athlete engaging in or individual assisting an athlete in prohibited weight reduction practices will be **suspended** for the event in question. A second violation will result in an automatic **one year suspension** from all USA Wrestling sanctioned events.
- See www.usawrestling-ohio.org under "Policies/Procedures" for more details about registration, weigh-ins, and competition.

Important Notes: - All three Greco-Roman and Freestyle STATE Championships (i.e., Kids/Schoolboy and Cadet/Junior/Open) are for Ohio residents only.

- Any FEMALE wrestler who wants to be on the Women's Team in Fargo **MUST** either participate in the Freestyle State Championships or present a medical waiver or petition at the State FS Championships to be eligible to participate. No exceptions.

- Links to specific information concerning weight classes, registration, weigh-ins, wrestling times, and wrestling fees for the Fila Cadet/University Nationals and the Fila Junior/Sr. Nationals can be found at www.usawrestling-ohio.org

2011 USA Wrestling - Ohio Tournament Schedule
Folkstyle, Greco-Roman (GR), and Freestyle (FS) Events
 State Championships are listed in **bold**. National Events in Ohio are list in *Italics*

Date	Style(s)	Event	Location	Tournament Director
Sat., March 26	Folkstyle	Southwest Ohio Classic	Carroll High School 4524 Linden Ave., Dayton 45432	Mark Gerhard mgerhard@mindspring.com
Sat., April 2	GR/FS	Northeast Ohio Qualifier Tournament	Copley High School 3807 Ridgewood Rd., Copley 44321	Jim Dies (330) 329-6686
<i>Thurs., April 7 thru Sun., April 10</i>	<i>GR/FR</i>	<i>Senior and Fila Junior NATIONAL CHAMPIONSHIPS</i>	<i>Public Hall/Convention Center 500 Lakeside Ave. East Cleveland, OH 44114</i>	<i>Chris Kallai (330)334-5409 wrestlec.kallai@yahoo.com</i>
Sat., April 9	GR/FS	Southwest Ohio Qualifier Tournament	Lakota East High School 6840 Lakota Lane, Liberty Twp., 45044	Jim Lehman (513) 759-8615 ext. 15288
Sat., April 16	GR/FS	Southwest Ohio Qualifier Tournament	Carroll High School 4524 Linden Ave., Dayton 45432	Mark Gerhard mgerhard@mindspring.com
Sat., April 16	GR/FS	Northeast Ohio Qualifier Tournament (Cadet, Junior and Open ONLY!)	Elyria School Dist. Admin. Building 42101 Griswold Rd. Elyria 44035	Erik Burnett (440) 225-5793
<i>Wed., April 20 thru Sat., April 23</i>	<i>GR/FR</i>	<i>University and Fila Cadet NATIONAL CHAMPIONSHIPS</i>	<i>Athletic Field House University of Akron 289 South Union St., Akron 44325</i>	<i>Chris Kallai (330)334-5409 wrestlec.kallai@yahoo.com</i>
Sat., April 30	GR/FS	Southwest Ohio Qualifier Tournament (Cadet, Junior and Open ONLY!)	Walter E. Stebbins High School 1900 Harshman Rd., Dayton 45424	John Sopczak (937) 431-1937
Sat., April 30	GR/FS	Kids/Schoolboy State Championships	Walter E. Stebbins High School 1900 Harshman Rd., Dayton 45424	John Sopczak (937) 431-1937
Sat., May 7	GR/FS	Northwest Ohio Qualifier Tournament	Oregon Clay High School 5665 Seaman Rd., Oregon 43616	Troy McLaughlin (419) 693-6761
Sat., May 14	GR	Cadet/Junior/Open State Championship	Western Brown High School 476 W. Main St., Mt. Orab 45154	Wendel Donathon donat-w@wb.k12.oh.us
Sat., May 14 And Sun., May 15	FS	Cadet/Junior/Open State Championship	Western Brown High School 476 W. Main St., Mt. Orab 45154	Wendel Donathon donat-w@wb.k12.oh.us

- Important Notes:**
1. Pre-registration is NOT required for any USA Wrestling - Ohio Qualifier Tournament or State Championship. See www.usawrestling-ohio.org for registration forms for GR/FS tournaments, which must be completed before or during registration on the evening before or the day of the tournament.
 2. NO entries will be accepted after the Tournament Director has officially closed weigh-ins.
 3. WRESTLING COMPLETION TIMES ARE DEPENDENT ON THE NUMBER OF ENTRIES AT EACH TOURNAMENT.
 4. Please consult www.usawrestling-ohio.org for any last minute changes to this schedule.

Registration, Weigh-in, and Wrestling Times (wrestlers MUST present a current USA Wrestling competitor's card)

- SW Ohio Classic Registration/weigh-ins for Bantam, Midget, Novice, and Schoolboy - 7:30 AM to 8:30 AM; wrestling begins at 9:30 AM
 Registration/weigh-ins for Cadet, Junior, and Open - 9:30 AM to 10:30 AM; wrestling begins at *approximately* NOON
- All GR/FS Quals. + Kids/SB Champs Registration/weigh-ins for *Greco-Roman, Freestyle, or Both Styles* - 7:00 PM to 8:00 PM evening before tournament and 7:00 AM to 7:30 AM morning of tournament; wrestling begins at 9:00 AM
 Registration/weigh-ins for Freestyle only - 10:00 AM to 11:00 AM; wrestling begins at *APPROXIMATELY* 12:00 Noon (but more likely 1 or 2 PM)
- C/J/O State Greco Wrestlers And Freestyle Championships. GRECO Registration/weigh-ins for all age divisions : 8:00 AM to 9:00 AM Saturday ONLY; wrestling begins at 10:00 AM. who weigh-in for Greco can wrestle in Freestyle without weighing in again AS LONG AS THEY FINISH THE GRECO TOURNAMENT. ANYONE WHO WITHDRAWS FROM (OR FORFEITS OUT) OF THE GRECO STATE CHAMPIONSHIP WILL HAVE TO WEIGH-IN AGAIN TO COMPETE IN THE FREESTYLE TOURNAMENT. FREESTYLE weigh-ins for all age divisions: 12:00 PM to 1:00 PM on Saturday. Freestyle wrestling will begin 1 hour after Greco wrestling has finished Saturday and run until approximately 6:30pm. Wrestling will resume 9:30 AM to conclusion on Sunday, if needed.

Wrestling Fees

Southwest Ohio Classic - \$15.00 for all wrestlers
 Greco-Roman/Freestyle Qualifier - \$5.00 per style for Kids and Open Divisions; \$15.00 for one style or \$25.00 for both styles for Schoolboy, Cadet, and Junior Divisions.
 Freestyle and Greco-Roman State Championships-PER STYLE: \$10.00 for Kids, Open, and Women's Divisions; \$20.00 for Schoolboy; \$25.00 Cadet and Junior Divisions. Any Cadet or Junior wrestling in both Greco and Freestyle State Championships - \$40.

Qualification Procedures for State Championships and Cadet and Junior National Teams

1. No qualification is required for the Kids GR/FS State Championships.
2. Cadet and Junior wrestlers *MUST* qualify for the Cadet/Junior Greco-Roman and Freestyle State Championships by finishing in the *top six* at one Ohio Qualifier.
3. Any Cadet/Junior who forfeits his/her last match at a qualifier will NOT place, nor qualify for the State Tournament.
4. Tournaments. Any Cadet or Junior wrestler who does not finish in the top six at a qualifier tournament *will not* be allowed to wrestle in the Cadet/Junior Greco-Roman or Freestyle State Championships. Contact Keith Carter (513)292-5837 (between 7:00 PM and 9:00 PM *please*) regarding medical waivers.
5. The Cadet/Junior Greco-Roman and Freestyle State Championships will be used as qualifiers for the Cadet and Junior National Teams that travel to Fargo, North Dakota. See www.usawrestling-ohio.org under "National Teams" for more details on the selection process.
6. Qualification procedures for the Ohio Schoolboy, Cadet, and Junior National Dual Meet Teams will be posted at www.usawrestling-ohio.org under "Dual Teams".

Wadsworth
All-State All-American
3 day Wrestling Camp

Instruction by College and
High School Coaches and Wrestlers


JUNE 8-10th
9:00am-1:00pm

Wadsworth Wrestling ROOM
Call Coach Gramuglia 330-336-7091 for details.


Mark the date now!!!!


Ohio State Underclassmen Team Camp




 **When:** Sunday, June 26- Thursday, June 30

 **Where:** Ohio State University


 **How:** Be sure to contact Coach Cobb and send in your \$100.00 deposit.


 **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:**

Bedding-sheets and blanket lots of work out clothes, soap and shampoo, wrestling shoes, headgear, snacks, playing cards, and other necessary items

 **Departure:** Meet at Wadsworth HS Sunday June 26 at 11:30AM
Leave no later than Noon.

 **Return:** We will be arriving back Thursday sfternoon

 **Cost breakdown:** Total \$ 440.00

2011 OHIO STATE WRESTLING CAMP

COMPETITION/TEAM CAMP | June 26 - 29 (Grades 8-12)*

This camp is one of the most popular competition camps in the country and offers campers a combination of technique instruction and hard-nosed competition, both of which are crucial for campers who want to take the step to the next level. Each day, campers will take the mat for three sessions. These sessions will include a combination of dual meets, individual tournaments and technique sessions. Each dual match will be reviewed and critiqued by our camp instructors and staff. After each dual meet, an Ohio State coach assigned to your team will talk about the psychological aspects of wrestling, a critical factor in becoming a better wrestler. Each day will also have a technique session to improve your understanding of wrestling's most important concepts. Wrestlers who are working to become champions cannot afford to miss this camp.

** The Competition/Team Camp is intended for high school wrestlers. In the case of 8th graders who participate on high school teams, those wrestlers are permitted to attend this camp with the understanding that they will be competing against high school aged wrestlers.*

LEG ATTACK CAMP | July 10 - 14 (Grades 7-12)

Ohio State's nationally-acclaimed coaching staff, as well as some of Ohio's greatest wrestlers, will teach campers the techniques and drills you must know when in the neutral position. The objective of this camp is for campers to learn the skills that will help them master takedowns. Intensive drilling and repetition will enable each camper to improve their skills. Takedown tournaments and live situations will also be included in the schedule. Become a Takedown Master like Ohio's elite wrestlers!

HEAVYWEIGHT SCHOOL | July 10 - 14 (Grades 7-12)

The Heavyweight School is designed to meet the needs of athletes who are above 180 pounds. The technical skills covered in this camp are conducive to making an upper-weight wrestler successful. Additionally, it is a guarantee to compete against wrestlers of the same size and age, which is always difficult as an upper-weight wrestler. We look forward to implementing the skills, drills, and mental toughness that is necessary for all upper-weight wrestlers to win at the highest level. The Buckeyes have some of the elite upper weights in the nation. Enroll now and train alongside America's best. See you this summer!

LOU ROSSELLI INTENSIVE CAMPS | July 10 - 14 OR July 17 - 21 (Grades 7-12)

Lou Rosselli (United States Freestyle World Team Coach) will work with each camper, teaching them the training methods necessary to become a champion at the highest level. Each camper will have an opportunity for one-on-one instruction with a member of our coaching staff as well as members of the Ohio State wrestling team. Coach Rosselli's teaching system is personally tailored to help you move up to the next level. This intensive camp system has attracted and helped produce state champions across the nation. Many of Coach Rosselli's campers have later placed or won at their state tournament. If you are ready to make a commitment to your wrestling and want to learn what it takes to win at any level, you need to register for this camp. This camp is intended for the serious wrestler. In addition to a great deal of sparring and live wrestling, campers will experience a demanding physical conditioning program.

LOU ROSSELLI 2-WEEK INTENSIVE CAMPS | July 10 - 21 (Grades 7-12)

Athletes often attend a camp and learn great technique and training skills but then fail to implement these skills when they return home. For those wrestlers who truly want to internalize these skills for success, Lou Rosselli now offers 12 days of his intensive camp. Wrestlers will have more time working with world class coaches and wrestlers to hone their skills and techniques and initiate a training program they can continue to apply when they return home.

FATHER/SON ELEMENTARY CAMP | July 15 - 17 (Grades 1-6)

This camp is designed for the novice wrestlers who want to experience all that The Ohio State University has to offer. We will cover the basic skills needed for any beginner to improve his wrestling abilities by learning takedowns, escapes and pinning combinations. The kids love this camp, as the first hour of every session is dedicated to technique, and the second hour keeps their attention with fun games. Some games are skill-related while others are just for fun. This 3-day camp is a must for all young wrestlers who wish to be exposed to wrestling and are looking for advice from Ohio State's best. This camp is designed for campers in grades 1-6; each camper is permitted to bring one adult to camp. Fathers will be encouraged to participate with learning and teaching technique on the mat. If the camper is a resident, the father will stay with them in the dorm. One adult is also welcome to bring more than one camper.

TURN & PIN MAT WRESTLING CAMP | July 17 - 21 (Grades 7-12)

This camp will focus on mat wrestling, riding, and escapes. Campers will still get instruction on the neutral positions and takedown offense and defense, but the main focus will be different mat wrestling styles and techniques.

TECHNIQUE CAMP | July 17 - 21 (Grades 7-12)

This camp is designed for wrestlers at every experience level. Campers will have the opportunity to learn wrestling skills in all three positions (feet, top, bottom). The skills taught at this camp will be taught incrementally so that every wrestler will be able to grasp each skill. Campers will be grouped based on experience so that campers can learn at their own pace.

DISCOUNTS

Up to 25% off of returning campers' registration fees by referring a friend (or friends) to camp! Please contact Cara Singel (singel2@osu.edu) in the camps office for more information.

Groups of 10 or more will receive a discount of \$15 off of each camper's registration fee. All registrations must be mailed in together, on-line registrations will not be accepted for the group discount.

TRANSPORTATION

Port Columbus International Airport is only 13 minutes from the Ohio State campus. The Ohio State Wrestling Camp will provide a shuttle service to and from the airport for all requests received no later than 1 week prior to camp. The fee for airport transportation is \$30 round-trip.

CONSENT FORM

A parent consent form is REQUIRED for all participants. Please visit OhioStateBuckeyes.com/camps to obtain the form. Please complete, sign and send the form with your child to check-in. Do not send the form to us prior to the camp. Campers will not be permitted to participate without this form.

CONFIRMATION

Upon processing of each registration, an initial confirmation notice will be sent by email. "Important Information for Registered Campers" (including a Parent Consent Form) will also be posted on the Buckeye Sports Camps webpage at OhioStateBuckeyes.com/camps by May 1, 2011. Each camp participant should review this document prior to coming to campus.

REFUNDS

A full refund less a \$100 administrative fee will be issued for any cancellation request received at least 2 weeks prior to the start of camp. Any cancellations and refund requests received less than 2 weeks prior to camp generally will not be eligible for a refund.

Cancellation notices and refund requests must be submitted on the Refund Request form available online at OhioStateBuckeyes.com/camps. The registration fee cannot be transferred to any other camper or to any other Ohio State Sports camp or clinic. All documentation required for a refund to be processed and approved must be submitted by August 31, 2011.

Register online at
OhioStateBuckeyes.com/camps

MORE INFORMATION

Buckeye Sports Camps
(614) 247-CAMP (2267)
buckeyecamps@osu.edu

REGISTRATION

Complete a separate registration form for each participant.

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Home Phone: (_____) _____

Cell Phone: (_____) _____

Email: _____

Parent/Guardian Name: _____

Parent/Guardian Phone: (_____) _____

School: _____

Grade (as of Fall 2011): _____ Age: _____ Weight: _____

Skill Level (circle one): Beginner Intermediate Experienced

T-Shirt Size (circle one): S M L XL XXL

I would like to receive further information about Ohio State wrestling events.

How did you hear about camp (please specify)?

- Brochure: _____
- Website: _____
- E-mail: _____
- Magazine: _____
- Wrestling Event: _____
- Friend/Family
- Previous Camper

CAMP REGISTRATION

Please check all appropriate areas.

*Lunch and dinner provided and is included in day camp fee.

CAMP	DATES	OVERNIGHT	DAY*
<input type="checkbox"/> Team Competition	<input type="checkbox"/> June 26 - 28	<input type="checkbox"/> \$440	<input type="checkbox"/> \$350
<input type="checkbox"/> Leg Attack (5 days)	<input type="checkbox"/> July 10 - 14	<input type="checkbox"/> \$475	<input type="checkbox"/> \$380
<input type="checkbox"/> Heavyweight (5 days)	<input type="checkbox"/> July 10 - 14	<input type="checkbox"/> \$475	<input type="checkbox"/> \$380
<input type="checkbox"/> Intensive (5 days)	<input type="checkbox"/> July 10 - 14	<input type="checkbox"/> \$475	<input type="checkbox"/> \$380
<input type="checkbox"/> Father/Son	<input type="checkbox"/> July 15 - 17	<input type="checkbox"/> \$325	<input type="checkbox"/> \$250
<input type="checkbox"/> Turn & Pin (5 days)	<input type="checkbox"/> July 17 - 21	<input type="checkbox"/> \$440	<input type="checkbox"/> \$350
<input type="checkbox"/> Technique (5 days)	<input type="checkbox"/> July 17 - 21	<input type="checkbox"/> \$440	<input type="checkbox"/> \$350
<input type="checkbox"/> Intensive (5 days)	<input type="checkbox"/> July 17 - 21	<input type="checkbox"/> \$475	<input type="checkbox"/> \$380
<input type="checkbox"/> Intensive (2-week)	<input type="checkbox"/> July 10 - 21	<input type="checkbox"/> \$1,000	<input type="checkbox"/> \$715
<input type="checkbox"/> Airport Transportation — see details under General Information		<input type="checkbox"/> \$30	

APPAREL ORDER TOTAL \$ _____

REGISTRATION & APPAREL TOTAL \$ _____

OPTION 1: Online Registration
To register online, please visit OhioStateBuckeyes.com/camps.
(A processing fee will be added to all online registrations.)

OPTION 2: Check or Money Order
Make checks payable to: The Ohio State University

Mail application to: Wrestling Summer Camps
Fawcett Center, 7th Floor
2400 Olentangy River Road
Columbus, OH 43210

To ensure that you receive the confirmation emails and other important communications about camp, please add WrestlingCamps@osu.edu to your Safe Senders List.

APPAREL ORDER FORM

ALL ORDERS MUST BE POSTMARKED BY MAY 27, 2011

ADDITIONAL APPAREL WILL BE AVAILABLE TO PURCHASE AT CAMP, PENDING STOCK AVAILABILITY.

Shirt Sizes will be available in Youth L - XXXL
Shorts Sizes will be available in Youth L - XXL
**Youth Sizes Available for 1B and 1R, Sizes YS, YM, YL, YXL

Orders will only be accepted by mail.

Item Designation Letter	ALL INFORMATION PLEASE PRINT Item Description	Size	Quantity	Price Each	Item Total
				\$	\$
				\$	\$
				\$	\$
				\$	\$
				\$	\$
				\$	\$
				\$	\$
				\$	\$

Copies of this form will be accepted if additional space is needed.

Apparel Shipping Address: (Please Print)

Name
U.S. Street Address
City State ZIP
Phone # ()
Email Address


Subtotal	\$
Shipping & Handling Add	\$ 8.00
Order Total	\$

Orders will be delivered to designated Apparel Shipping Address on or before: **June 25th**


APPAREL ORDERS MAY BE SUBMITTED SEPARATELY FROM CAMP REGISTRATION WITH THIS PORTION OF THE FORM MAILED TO: Wrestling Summer Camps
Fawcett Center, 7th Floor
2400 Olentangy River Road
Columbus, OH 43210


U of Michigan Team Camp



 **When:** Sunday, June 26- Thursday, June 30

 **Where:** University of Michigan


 **How:** Be invited by Coach Gramuglia and staff and send in your \$100.00 deposit. Bring the rest of money and medical forms with you at registration.


 **What:**

- Wrestle 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, video games, and other necessary items

 **Departure:** Meet at Wadsworth HS at 9:00 AM Sunday June 26
Leave at 9:30AM

 **Return:** We will be arriving back Thursday afternoon 4 PM

 **Cost breakdown:** Total \$ 440.00

Wadsworth High School Wrestling

High School Coach's Evaluation

Wrestler's Name _____

Date _____

Year of Graduation _____

WT Class _____

Please circle the number that best corresponds to the athlete's ability

1 = EXCELLENT	2 = GOOD	3 = FAIR	4 = NEEDS IMPROVEMENT
1. Academic Achievement	1 2 3 4		8. Strength
2. Attitude	1 2 3 4		9. Stance
3. Dedication	1 2 3 4		10. T.D. Ability
4. Leadership	1 2 3 4		11. Bottom Position
5. Coachability	1 2 3 4		12. Top Position
6. Aggressiveness (Mental toughness)	1 2 3 4		13. Defense
7. Accountability	1 2 3 4		<u>Off Season Requirements:</u>
			Open mats
			Freestyle
			Wadsworth Camp
			OSU Camp
			Jeff Jordan's Team Camp
			Weight Room

Rate this wrestlers potential assessment of Next Season 2009-10

- a. State Level
- b. District Level
- c. Sectional Level
- d. JV
- e. Frosh



WADSWORTH GRIZZLIES

Strategy for success:

CLEVELAND STATE UNIVERSITY WRESTLING CLUB



- **USA WRESTLING CARD REQUIRED**
- **TUESDAYS AND THURSDAYS 4:30-6:00PM**
- **STARTING: TUESDAY, MARCH 22, 2011
THROUGH MAY 31, 2011**
- **TECHNIQUE- 4:30-5:00PM**
- **OPEN MAT- 5:00-6:00PM**
- **GUEST CLINICIANS TO BE ANNOUNCED**



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 2011-11?