

# Road to a State Championship Calendar

# MAY 2012



**“ BE STRONG, BE CONFIDENT, BE THANKFUL! ”**

**WHS WRESTLING**

Organizational Meeting in WR  
**Friday, May 11**  
**6:45AM**  
Donuts and juice will be served

USA FREESTYLE State TOURNEY @ Western Brown  
**May 11-13**

**USA CENTRAL CADET JUNIOR REGIONAL TOURNEY@ Bloomsburg, PA MAY 19**

**WADSWORTH SHOOTOUT JUNE 2 BALDWIN WALLACE**

WRESTLING ROOM 335-1408  
Coach Gramuglia 330-336-7091  
Coach Jerry Nadeau 330-714-2821  
Coach Kip Shipley 330-475-3545

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<i>Visit our web site@ <a href="http://www.wadsworthwrestling.com">www.wadsworthwrestling.com</a> or e-mail: <a href="mailto:wadc_gramugl@wadsworthschools.org">wadc_gramugl@wadsworthschools.org</a></i>					WEIGHTLIFTING 3-4 PM
	WEIGHTLIFTING 3-4 PM	FREESTYLE CLUB 6:30-8:00 PM	WEIGHTLIFTING 3-4 PM	FREESTYLE CLUB 6:30-7:00 PM OPEN MATS 7-8 PM	WEIGHTLIFTING 3-4 PM	<b>USA GRECO FREESTYLE TOURNEY@ Dayton Carroll</b>
	WEIGHTLIFTING 3-4 PM	FREESTYLE CLUB 6:30-8:00 PM	WEIGHTLIFTING 3-4 PM	<b>Captains/Seniors meeting 6:00AM</b> Bob Evans College signing 6:00PMWr. Room OPEN MATS7-8PM	Summer organization meeting 6:55AM Wrestling Room WEIGHTLIFTING 3-4 PM <b>BACCALAUREATE</b>	<b>USA GRECO FREESTYLE STATE TOURNEY @ Western Brown Clean out wrestling room 8AM-11AM</b>
<b>WHS GRADUATION 2PM</b>	WEIGHTLIFTING 3-4 PM	<b>FINALS STUDY/ STUDY/ STUDY</b>		<b>Last day of school MOVE to LINCOLN 6-8PM</b>	OFF No WEIGHTLIFTING	<b>USA Central Regional CADET GRECO FREESTYLE TOURNEY@ Bloomsburg,PA</b>
<b>USA GRECO FREESTYLE STATE TOURNEY@ Western Brown</b>	WEIGHTLIFTING 7-8 AM			FREESTYLE Drill 6:30-7:00PM OPEN MATS 7-8 PM @ LIncoln	WEIGHTLIFTING 7-8 AM	<b>OFF</b>
	<b>Memorial Day NO LIFTING</b>			WEIGHTLIFTING 7-8 AM		<b>Wrestling shootout- Baldwin Wallace June 2</b> <b>Wadsworth All American All State Camp June 13-15</b> <b>Varsity Team Camp: Jeff Jordan's Camp June 17-21</b> <b>KSU Underclassmen`Team Camp June 22-24</b>

# Road to a State Championship Calendar

# JUNE 2012

**“BE STRONG, BE CONFIDENT, BE THANKFUL!”**



**WHS WRESTLING**

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CHART HOURS!						1 WEIGHTLIFTING 7-8 AM	2
WADSWORTH SKILLS CAMP JUNE 13-15	3	4 WEIGHTLIFTING 7-8 AM	5	6 WEIGHTLIFTING 7-8 AM	7 OPEN MATS 7-8PM	8 WEIGHTLIFTING 7-8 AM	9 SAT TEST 8AM
GET READY FOR VARSITY TEAM CAMP JUNE 17-JUNE 21	10 WEIGHTLIFTING 7-8 AM	11 WEIGHTLIFTING 7-8 AM	12	13 WEIGHTLIFTING 7 AM-8AM <b>27th Annual Wadsworth All-State/All American Camp 9AM -1PM JUNE 13-15</b>	14 OPEN MATS 7-8PM	15 WEIGHTLIFTING 7 AM-8AM <b>TAVANELLO'S POOL PARTY 2-5 PM</b>	16 ACT TEST 8AM
JV/FRESHMAN TEAM CAMP JUNE 22-JUNE 24	17	18	<b>JEFF JORDAN'S TEAM CAMP JUNE 17 - JUNE 21</b>		20	21	22
		WEIGHTLIFTING 7-8 AM		WEIGHTLIFTING 7-8 AM	23 <b>KENT STATE JV /FRESHMAN TEAM CAMP JUNE 22-24</b>	WEIGHTLIFTING 7-8 AM	
WRESTLING ROOM 335-1408 Coach Gramuglia 330-336-7091 Coach Jerry Nadeau 330-714-2821 Coach Kip Shipley 330-475-3545	24	25 WEIGHTLIFTING 7-8 AM	26	27 WEIGHTLIFTING 7-8 AM	28 OPEN MATS 7-8 PM	29 WEIGHTLIFTING 7-8 AM <b>DISNEY DUALS JUNE 28- - July 2</b>	30
July 1							

Visit our web site@ [www.wadsworthwrestling.com](http://www.wadsworthwrestling.com)  
or e-mail: [wadc\\_gramugl@wadsworthschools.org](mailto:wadc_gramugl@wadsworthschools.org)

# Road to a State Championship Calendar

# JULY 2012



**“ BE STRONG, BE CONFIDENT, BE THANKFUL! ”**

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
KEEP LIFTING 7-9 AM	1	2 WEIGHTLIFTING 7-8 AM	3	4 WEIGHTLIFTING 7-8 AM	5 OPEN MATS 7-8pm	6 WEIGHTLIFTING 7-8 AM	7
ATTEND OPEN MATS	8	9 WEIGHTLIFTING 7-8 AM	10	11 WEIGHTLIFTING 7-8 AM	12 OPEN MATS 7-8pm	13 WEIGHTLIFTING 7-8 AM	14
WORK FOUR HOURS A WEEK!	HAPPY 4TH OF JULY	9 WEIGHTLIFTING 7-8 AM	10	11 WEIGHTLIFTING 7-8 AM	12 OPEN MATS 7-8pm	13 WEIGHTLIFTING 7-8 AM	14
FALL SPORTS ARE COMING!	15	16 WEIGHTLIFTING 7-8 AM	17	18 WEIGHTLIFTING 7-8 AM	19 OPEN MATS 7-8pm	20 WEIGHTLIFTING 7-8 AM	21
	22	23	24	25	26 OPEN MATS 7-8pm	27 WEIGHTLIFTING 7-8 AM	28
	29	30 WEIGHTLIFTING 7-8 AM	31	WEIGHTLIFTING 7-8 AM	OPEN MATS 7-8pm	WEIGHTLIFTING 7-8 AM	
WRESTLING ROOM 335-1408 Coach Gramuglia 330-336-7091 Coach Kip Shipley 330-475-3545 Coach Jerry Nadeau 330-714-2821							

**CADET/JUNIOR NATIONALS  
FARGO, NORTH DAKOTA  
JULY 22-JULY 27**

# Road to a State Championship Calendar

# AUGUST 2012



**“ BE STRONG, BE CONFIDENT, BE THANKFUL! ”**

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FOOTBALL 2 A DAYS BEGIN AUGUST 6				1 WEIGHTLIFTING 7-8 AM	2 OPEN MATS 7-8pm	3 WEIGHTLIFTING 7-9AM	4
SCHOOL BEGINS September 6	5	6 WEIGHTLIFTING 7-8 AM <i>Football 2-a-days begin</i>	7	8 WEIGHTLIFTING 7-8 AM	9 OPEN MATS 7-8pm	10 WEIGHTLIFTING 7-8 AM	11
WORK FOUR HOURS A WEEK!  KEEP LIFTING.	12	13 WEIGHTLIFTING 7-8 AM	14	15 WEIGHTLIFTING 7-8 AM	16 OPEN MATS 7-8pm	17 WEIGHTLIFTING 7-8 AM	18
	19	20 WEIGHTLIFTING 7-8 AM	21	22 WEIGHTLIFTING 7-8 AM	23 OPEN MATS 7-8pm	24 WEIGHTLIFTING 3-4PM FOOTBALL VS Ashland (A)	25
	26	27 WEIGHTLIFTING 3-4PM	28	29 WEIGHTLIFTING 3-4 PM	30 OPEN MATS 7-8 pm	31 WEIGHTLIFTING 3-4 PM FOOTBALL VS Wooster (A)	Sept 1
WRESTLING ROOM 335-1408 Coach Gramuglia 330-336-7091 Coach Kip Shipley 330-475-3545 Coach Jerry Nadeau 330-714-2821	Sept 2	Sept 3 LABOR DAY OFF	Sept 4 TEACHER WORK DAY OFF	Sept 5 TEACHER WORK DAY OFF	Sept 6 <b>SCHOOL YEAR 2012 BEGINS</b> OPEN MATS 7-8 pm	Sept 7 WEIGHTLIFTING 6 AM or 3-4 PM FOOTBALL vs. MEDINA (H)	Sept 8

# Road to a State Championship Calendar

# September 2012

**“NEW SCHOOL, NEW ROOM. ; OLD SCHOOL TRADITION!”**



**WORK ON  
KEEPING  
GOOD GRADES**

**WORK FOUR  
HOURS A WEEK!**

**KEEP LIFTING!**

**GET A  
PHYSICAL**

**START  
RUNNING**



**WRESTLING ROOM 330-335-1408**  
**Coach Gramuglia 330-336-7091**  
**Coach Kip Shipley 330-475-3545**  
**Coach Jerry Nadeau 330-714-2821**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 WORK ON KEEPING GOOD GRADES	3 No School Labor Day WEIGHTLIFTING 8 AM	4	5 WEIGHTLIFTING 6 AM -7AM or 3-4 PM	6 OPEN MATS 6:30-8 PM	7 <b>SCHOOL YEAR 2012 BEGINS</b> WEIGHTLIFTING 6 AM or 3-4 PM FOOTBALL vs. MEDINA (H)	8 OFF REST AND RECOVER
9 WORK FOUR HOURS A WEEK!  KEEP LIFTING!	10 WEIGHTLIFTING 6 AM -7AM or 3-4 PM	11	12 WEIGHTLIFTING 6 AM -7AM or 3-4 PM	13 OPEN MATS 6:30-8 PM	14 WEIGHTLIFTING 6 AM or 3-4 PM FOOTBALL vs. HIGHLAND (H)	15 OFF REST AND RECOVER
16  GET A PHYSICAL	17 WEIGHTLIFTING 6 AM -7AM or 3-4 PM	18	19 WEIGHTLIFTING 6 AM -7AM or 3-4 PM	20 OPEN MATS 6:30-8 PM	21 WEIGHTLIFTING 6 AM or 3-4 PM FOOTBALL vs. CLOVERLEAF (A)	22 OFF REST AND RECOVER
23  START RUNNING	24 WEIGHTLIFTING 6 AM -7AM or 3-4 PM	25	26 WEIGHTLIFTING 6 AM -7AM or 3-4 PM	27 OPEN MATS 6:30-8 PM	28 WEIGHTLIFTING 6 AM or 3-4 PM FOOTBALL VS REVERE (A)	29 OFF REST AND RECOVER
30	Oct 1 WEIGHTLIFTING 6 AM -7AM or 3-4 PM	Oct 2 1st day of CONDITIONING 3 PM- 4:30PM	Oct 3 WEIGHTLIFTING 6 AM -7AM or	Oct 4 CONDITIONING and OPEN MATS 6:00-8 PM	Oct 5 WEIGHTLIFTING 6 AM or 3-4 PM FOOTBALL VS GREEN (H) Homecoming	Oct 6 Boot Camp 7AM