Road to a State Championship Calendar

JUNE 2012



"No Short cuts to the 3rd Month!"

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CHART HOURS! PUT MONEY IN THE BANK!							Baldwin Wallace Shoot Out Leave at 7AM
WADSWORTH SKILLS CAMP JUNE 12-14	WHS GRADUATION 2 PM NO WE	3 IGHTLIFTING	4	FINALS STUDY/ NO WEIGHTLIFTING	OPEN MATS 6:30-8PM STUDY	NO 7 WEIGHTLIFTING	SAT TEST 8AM ⁸
GET READY FOR VARSITY TEAM CAMP JUNE 16-JUNE 20		10 IGHTLIFTING 5 -8 AM		WEIGHTLIFTING ₁₂ 6:45-8AM 28th Annual W All-State/AllA 9AM -1PM JU	adsworth merican Camp	WEIGHTLIFTING 6:45-8AM POOL PARTY 2-5 PM	15 ACT TEST 8AM
JV/FRESHMAN TEAM CAMP TBA	JUNE 16 -	JUNE 20 IGHTLIFTING	EAM CAN	19 WEIGHTLIFTING 6:45 -8 AM	OPEN MATS 6:30-8PM	WEIGHTLIFTING 6:45 -8 AM	22
MIDDLE SCHOOL KSU TEAM CAMP JUNE 23-JUNE 25 Coach Gramuglia 330-3	KENT STA	TE MIDDI GHTHIFTING MPM JUNE 2	22.05	26 DL WEIGHTLIFTING 6:45 -8 AM	OPEN MATS 6:30-8PM	28 WEIGHTLIFTING 6:45 -8 AM DISNEY I JUNE 28-	
Visit our web site@ www. or e-mail: wadc_gramugl			July 2				

"CAN'T BE BROKEN"

Road to a State Championship

JULY 2013



Calendar

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	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
KEEP LIFTING		1	2	3	4	5	6
6:45-8 AM		WEIGHTLIFTING		WEIGHTLIFTING	Happy 4th of July	No WEIGHTLIFTING	
CHARTHOURS		6:45 -8 AM		6:45 -8 AM	4th of July		
CHART HOURS! PUT MONEY IN		·			No OPEN MATS		
THE DANIE	7	8	9	10	11	12	13
IIIL DANK:	HAPPY 4TH OF JULY	WEIGHTLIFTING		WEIGHTLIFTING	OPEN MATS 6:30-8pm	WEIGHTLIFTING	
ATTEND OPEN	THE OF JOET	6:45 -8 AM		6:45 -8 AM		6:45 -8 AM	
MATS							
	14	15	16	17	18	19	20
		WEIGHTLIFTING 6:45 -8 AM		WEIGHTLIFTING 5:45 -8 AM	OPEN MATS 6:30-8pm	WEIGHTLIFTING 6:45 -8 AM	
WORK FOUR		0.43 -0 AWI		0.43 -0 Alvi	оло ори	0.15 07114	
HOURS A WEEK!		- ——— <u> </u>					
	21	WEIGHTLIFTING	23	24 WEIGHTLIFTING	OPEN MATS	26	27
FALL SPORTS	CADET	6:45 -8 AM	ATTONIAT C	6:45 -8 AM FARGO.	6:30-8pm	WEIGHTLIFTING 6:45 -8 AM	
ARE COMING!	NORTH				l I		
THE COMING:							
	28	29	30	31		WEIGHTHETDIG	
		WEIGHTLIFTING		WEIGHTLIFTING 6:45 -8 AM		WEIGHTLIFTING 6:45 -8 AM	
		6:45 -8 AM					
		ı — I					<u> </u>
Coach Gramuglia 3	330-336-7091		" ~		· · · · · · · · · · · · · · · · · · ·		
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Road to a

State Championship AUGUST 2013



Calendar

"No Seort cuts to the 3rd Month!"

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FOOTBALL 2 A DAYS BEGIN AUGUST 5					OPEN MATS 6:30-8PM	2 WEIGHTLIFTING 6:45 -8 AM	3
SCHOOL BEGINS August 21 WORK FOUR HOURS A WEEK!		WEIGHTLIFTING ⁵ 6:45 -8 AM Football 2-a-days begin	6	7 WEIGHTLIFTING 6:45 -8 AM	OPEN MATS 6:30-8PM	9 WEIGHTLIFTING 6:45 -8 AM	10
CHART HOURS! PUT MONEY IN THE BANK!		12 WEIGHTLIFTING 6:45 -8 AM	13	14 WEIGHTLIFTING 6:45 -8 AM	OPEN MATS 6:30-8PM	16 WEIGHTLIFTING 6:45 -8 AM	17
KEEP LIFTING.		19 TEACHER WORK DAY OFF	20 TEACHER WORK DAY OFF	SCHOOL YEAR 21 2013 BEGINS OFF	OPEN MATS 6:30-8PM	OFF 23	24
"Can't Be Broken"		26 WEIGHTLIFTING 3-4PM	27	28 WEIGHTLIFTING 3-4 PM	OPEN MATS 6:30-8PM	30 WEIGHTLIFTING 3-4 PM FOOTBALL VS ASHLAND(H)	31
Coach Gramuglia 330-336-70	Sept 1	Sept 2 LABOR DAY WEIGHTLIFTING 8 AM-9AM	Sept 3	Sept 4 WEIGHTLIFTING 3-4 PM	Sept 5 OPEN MATS 6:30-8PM	Sept 6 WEIGHTLIFTING 3-4 PM FOOTBALL vs. WOOSTER (A)	Sept 7