

BE STRONG, BE CONFIDENT, BE THANKFUL

Chief Mike Kallaj

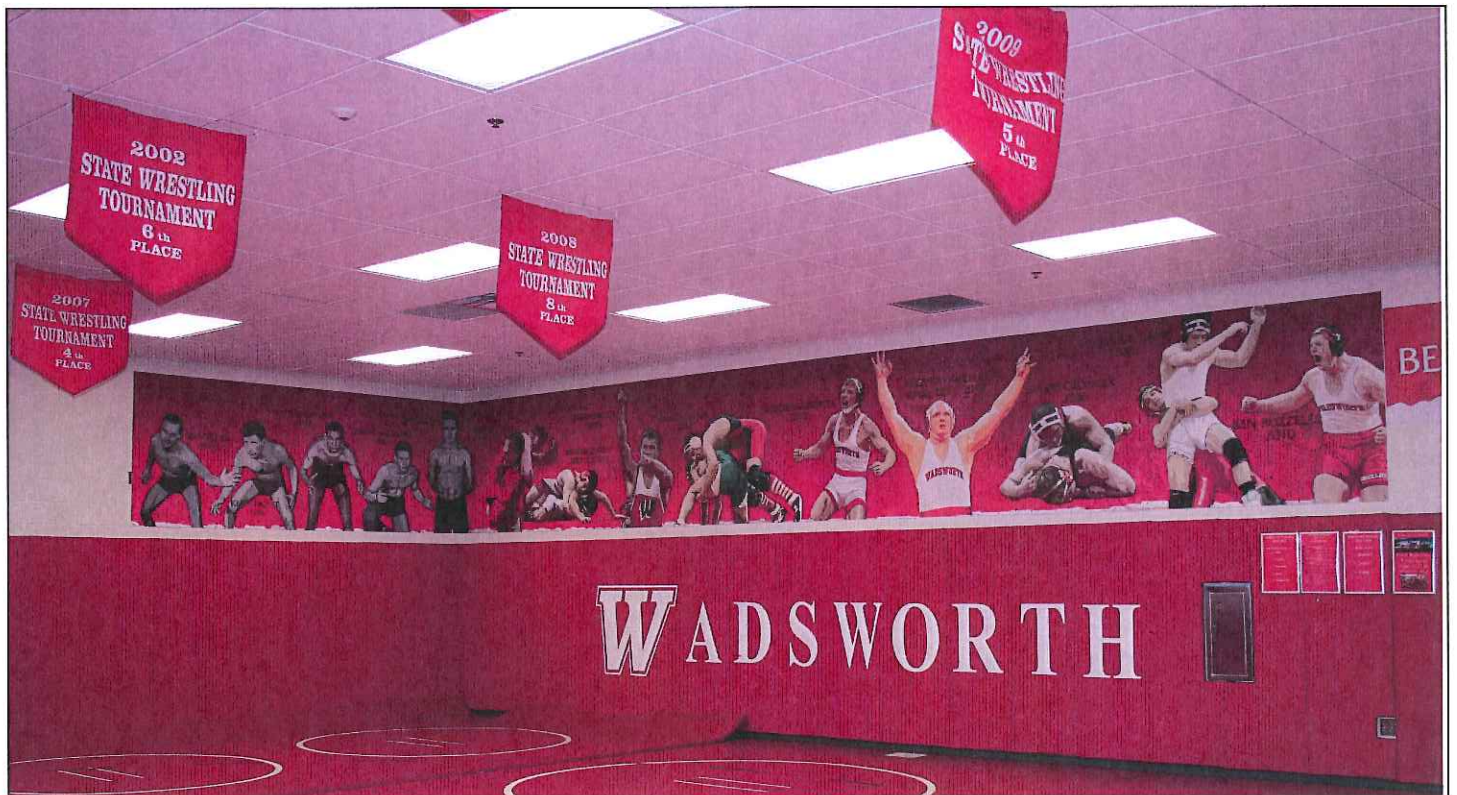


**"NO SHORT CUTS
TO THE 3RD MONTH"**

-WIN #23-

THE EDGE

Working on 23
&
#22 in a row





WHS WRESTLING

Team Goals

"NO SHORT CUTS TO THE 3RD MONTH"

-WIN #23-

1. **PLACE IN TOP 10 OF THE STATE**

2. **WIN 22 STRAIGHT LEAGUE CHAMPIONSHIP**

BEAT Cloverleaf, Copley, Green, Highland, Nordonia, Revere, and Tallmadge

3. **BE THE BEST TEAM WE CAN BE**

WIN OR PLACE in the top 3 in every tournament:

OLENTANGY LIBERTY TOURNAMENT, NC HOLIDAY, MEDINA INVITATIONAL TOURNAMENT, OHSAA STATE DUALS, GIT, SUBURBAN LEAGUE TOURNEY and SECTIONALS, DISTRICTS, STATE. (Banner)

4. **BE THE BEST WRESTLER I CAN BE**

WIN the League, PLACE in all tournaments, be DISTRICT QUALIFIER, STATE QUALIFIER, STATE PLACER, OR STATE CHAMPION

5. **BE THE BEST COACH I CAN BE**

GET the most out of every wrestler with maximum effort.

6. **DO WHATEVER IT TAKES**

SET a goal and let nothing stand in your way.

Individual Goals

1. WIN INDIVIDUAL STATE CHAMPIONSHIP

2. BE STRONG BE CONFIDENT BE THANKFUL

3 RESPECT, LISTEN, WORK

4. Always Protect the team, No Whining , Be early

5. Always have a "Winning Attitude."

6. Be in the **best** physical shape possible. Lift harder than we ever had.

7. Find your **role**, **accept** it, and **do** it to your **best** ability.

8. Ask it to be **tough**. It can't be **tough enough**

9. Be physical - **attack, attack, attack!**

10. Believe in your **coaches, captains, and teammates**

11. Be **appreciative** and **THANKFUL**

12. Display **GOOD SPORTSMANSHIP** at all times

13. **ENDURE FATIGUE**



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-WIN #23--WIN #22-

WHS WRESTLING

WHAT WRESTLERS CAN EXPECT FROM WADSWORTH COACHES

1. Loyalty in all areas.
2. Total honesty.
3. To provide the leadership and training necessary to achieve our goals.
4. To work harder than we have ever worked before to be successful.
5. To assist players now and after graduation in any way we can.
6. To treat you as a man if you show you are deserving of such treatment
7. To make all decisions predicated on what is best for the team first and then the individual.
8. To help you mature and grow as a young man.
9. To help you reach your goals.

WHAT COACHES CAN EXPECT FROM WRESTLERS AT WADSWORTH HIGH SCHOOL

1. Work at getting the best possible education you can.
2. Try to give 100% and hustle at all times.
3. Respect your teammates.
4. Practice to the best of your ability and strive to improve each day.
5. Be totally honest in all areas of you life.
6. Steadfast loyalty to teammates, school, community, family and friends.
7. Prepare and play your best in each game.
8. Be prompt for all meetings and practices.
9. **NEVER** take an opportunity to criticize and never pass up one to praise.
10. Be a WINNER = Being a worker, a doer, a leader.



WHS WRESTLING

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WRESTLING 15 ATHLETIC RULES

All wrestlers must maintain proper character and conduct so as not to bring discredit upon themselves, their church, their family, their school, their team and/or their community. The following rules are in effect all year long, including the summer vacation, not just during wrestling season.

1. **HATE** There shall be no hate on our team. If you feel you cannot get along with your teammates, there is no room for you on the team. There is no "I" on the team. If you feel you are better than a wrestler ahead of you, don't talk about it with outsiders. Talk with one of the coaches and then show it on the mat.
2. **TOBACCO** We will not use or possess tobacco of any form. **ATHLETIC POLICY** will be followed in regard to punishment which may result in removal from the team.
3. **ALCOHOL AND DRUGS** Use of or possession alcohol and drugs cannot be condoned. **ATHLETIC POLICY** will be followed in regard to punishment which may result in removal from the team.
4. **GROOMING** We will be neat in our appearance. Hair is to be off of the eyes, off the shirt collar, no beard, no mustache, sideburns no lower than the bottom of the earlobe. Keep skin clean of infection.
5. **SWEARING** We will not swear and/or use abusive language in any way, shape, or form. The use of such language serves but one purpose and that is to show people that our vocabulary is limited.
6. **LOCKER ROOM** Our locker room is one of the finest in the state, and we expect to keep it that way for many years. There is to be no horse play or destruction of any nature while in this room. Any violation will result with the procedure of Athletic Policy.
7. **ASSOCIATIONS AND FRIENDS** Do not be guilty by association. It may not always seem fair but often times a person will be judged by the company that he keeps.. Do not let yourself be brought down to the level of other people. If your friends are drinking and/or smoking pot, you should have enough personal pride and self discipline to leave. If you don't approve of some of the things your friends do, it is time to look for new friends.

We will attempt to treat you fairly and will try not to consider you guilty simply by association -- so don't put us and/or yourself in this uncomfortable situation.

8. **PROMPTNESS** Our practice begins at **2:45 P.M.** sharp everyday. If you need something taped, it will be your responsibility to have it done before that time.
9. **PRACTICES ARE MANDATORY.** You may only be **EXCUSED** from practice under the accepted WHS attendance policy. It will be your responsibility to notify a coach **BEFORE** the missed practice. Furthermore, you must complete the **90 MINUTE MAKE -UP PRACTICE** before the next scrimmage, match or tournament; or you may not be permitted to wrestle.

ONE UNEXCUSED ABSENCE may result in suspension for one match plus completing the **90 MINUTE MAKE -UP PRACTICE.**

TWO UNEXCUSED ABSENCES from practice may be reason for dismissal.



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WHS WRESTLING

10. **WRESTLE OFFS:** All fourteen (14) spots on the Varsity Team MAY be determined by wrestle offs, i.e. the spots on the team will be won and lost on the MAT not in the locker room. Needless to say, The Head Coach has the final say and decision to pick the line up at anytime before or during the match.

WRESTLE OFFS will consist of the best two out of three matches for the final varsity slot for the first competition.

WRESTLE OFFS will be held when feasible every week through the January 12, 2014, or until the end of season in certain weight classes where an injury or where both wrestlers have shared varsity time and has traded off beating each other.

All other JV or Freshman challenges will be filled by only one wrestle off.

*After the varsity position is secured by a varsity wrestler, **THE CHALLENGER MUST WIN THE FIRST MATCH** to insure the best two out of three.

11. **SENIORS** One of our primary goals will be to help each one of you get into college. We'll work as hard as we possibly can to help you, but you have to help, too. Take all your ACT and SAT tests, bring up your grades and let us know what colleges you are interested in. We'll be in direct communication with these schools, and will be selling you - help us help you by scoring well on these tests. Believe us, the very first thing the college coaches ask us is, "How are his grades? What are his ACT and SAT scores?"

12. **SCHOOL RULES, GRADES, AND COLLEGE PLACEMENT TESTS** Our school rules, regulations, grades, ACT and SAT tests come FIRST. Wrestling comes second after the above have been taken care of properly.

13. **CONDUCT - ON AND OFF THE MAT** We will act and behave like gentlemen at all times. In class, in the hallways, and in the cafeteria, we will act like gentlemen. On the mat we will act like gentlemen. Quite simply, on the mat we say nothing -- we let our coach do the talking.

We are leaders and because we are, we have the **RESPONSIBILITY** to conduct ourselves accordingly.

If you are seriously hurt on the mat, ask for a time out and we'll take care of you.

If you are hurt (in pain) but are not hurt (as above), let no one no it. Never show your feelings on the mat. This is called **MENTAL TOUGHNESS** and it's a quality shared by all **GREAT ATHLETES**.

14. **MEDIOCRITY** We will not let you be the average wrestler. We'll be watching you closely in practice EVERY DAY. We won't let you drill wrong. We'll stop you and show you how to do it right.

REMEMBER:

**"PRACTICE DOESN'T MAKE PERFECT.
PRACTICE MAKES PERMANENT.
PERFECT PRACTICE MAKES PERFECT"**

15. **WRESTLING** When you wrestle at W.H.S. you will wrestle hard, you will wrestle tough and you will wrestle with class. You will wrestle to win and you will win. By winning you will have to learn to handle success as well as the critic. You will be a leader and, as a leader, you will set an example for all those young wrestlers who look up to you.



Wadsworth Wrestling Make-up Practice Schedule

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WHS WRESTLING

-WIN #23-

- 10 minutes -Individual Warmups/Quickie Drills
- 20 minutes STAIRS/4/400's/1 mile
- 20 minutes Takedown Drill vs. ADAM

POSITION-

- #1 Stance
- #2 Double knee
- #3 Tripod
- #4 Hip Heist

MOTION-

- on balls of your feet
- lead opposite arm
- cutoff
- in box
- change level
- ducks/schucks/

TIES-

- head and tricep tie
- opposite tie
- underhook
- overhook
- 2on 1
- wrists
- double tricep

PENETRATION STEPS

- snatch
- knee over toe
- knee bounce S/D
- angle knee drop
- leg split
- reshot/ knee under

- 5 minutes: Break
- 15 minutes: 4 sets of 10 Pullups
4 sets of 10 Situps
- 15 minutes: 5 of 5/ or 8 minutes of hell
- 5 minutes: Stretch/warmdowns
- Total 90 minutes _____
- Turn in to coach before next match



2013-2014 WADSWORTH GRIZZLY WRESTLING



Fri. November 22	Preview @ Padua
Sat. December 7	Olentangy Liberty Tournament
Thurs. December 12	Suburban Duals-@ Highland/Cloverleaf
Fri-Sat. Dec. 13,14	North Canton Tournament
Thurs. December 19	Suburban Duals vs Tallmadge/Revere (H)
Sat. December 21	Mentor Tri vs. Perry on the Lake
Fri./Sat Dec 27, 28	Medina Invitational Tournament
Sat. January 4	St Edward Quad @ St Edward
Thurs. January 9	Suburban Duals- @ Green /Copley
Thurs. January 16	Suburban Dual vs. Nordonia (H) (Senior Night)
Sat. January 18	Lexington Tri
January 22	State Dual Quarterfinals @TBA
Sat. January 25	GIT (H)
Wed. January 29	State Dual Regional Semis Finals @TBA
Sat. February 1	Suburban League Tourn. @ Nordonia
Sat. February 8	State Dual Final 8 @Columbus
Fri-Sat. Feb. 14,15	Sectionals @ TBA
Fri-Sat. Feb. 21,22	Districts @ TBA
Th, Fri, Sat, Feb 27,28 Mar 1	State Tournament @ Columbus



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2013-2014 WADSWORTH JV WRESTLING



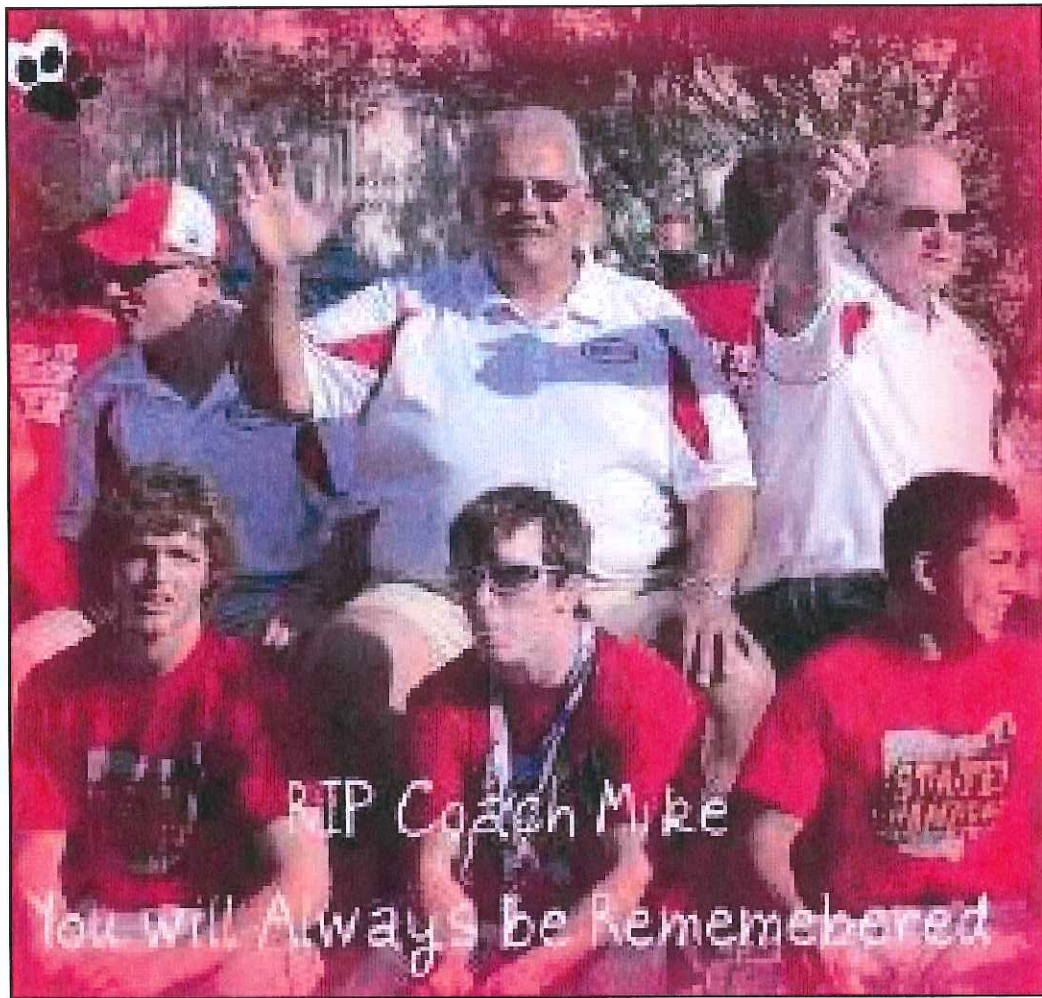
11/30	Saturday	Eastlake North Tournament	9:30am
12/6	Friday	Marlington Tournament	4:00pm
12/7	Saturday	Marlington Tournament	9:00am
12/13	Friday	North Canton Tournament	5:00pm
12/14	Saturday	North Canton Tournament	9:30am
12/20	Friday	Elyria/ St. Edward Tri	5:00pm
12/21	Saturday	Mentor Tri	6:00pm
12/28	Saturday	Manchester Tournament	TBA
1/11	Saturday	Bedford Tournament	10:00 am
1/14	Tuesday	@Bay/ Lutheran W Tri	6:30 pm
1/18	Saturday	Lexington Tri	11:00am
1/20	Monday	Lutheran West Tournament	9:30 am
1/25	Saturday	GIT	9:00 am



2013-2014 WADSWORTH JV WRESTLING



12/6/2012	Thursday	Bedford Duals
12/7/2012	Friday	Marlington Duals (VARSITY B)
12/8/2012	Saturday	Marlington Duals (VARSITY B)
12/14/2012	Friday	North Canton Holiday Tourn. (VB)
12/15/2012	Saturday	North Canton Holiday Tourn. (VB)
12/21/2012	Friday	Tri w/ Elyria, St. Eds Green & Oregon (V B)
12/22/2012	Saturday	Redbird Wrestling Classic @ Loudenville (V B)
1/5/2013	Saturday	Strongsville JV Battle
1/12/2013	Saturday	Bedford Pool Tourn. (VARSITY B)
1/19/2013	Saturday	Nordonia JV Battle
1/26/2013	Saturday	GIT-(H)



CHIEF MIKE KALLAI
1953-2010

"BE STRONG, BE CONFIDENT, BE THANKFUL"

Michael C. Kallai Sr. led police and wrestlers

Wadsworth -- Mike Kallai led Barberton police and motivated Wadsworth wrestlers.

On Wednesday, just four months after Wadsworth won a state championship, the chief and assistant coach died after a workout while visiting in-laws in Tennessee. He was 57.

"He was a father figure to all of us," said John Gramuglia, Wadsworth's head coach, who worked with Kallai for 19 years. "He was a very quiet corner person. He was kind of a Phil Jackson type, very intelligent, very dry humor, could really connect with the kids."

"He loved his job," said Barberton Mayor Bob Genet. "He loved working with people. He loved working with children. He's always been pushing for modern technology. For his officers to be the best, they had to have the best equipment."

Kallai (pronounced KAY-lie) was one of 10 siblings, several of them scholastic wrestlers. Born in Barberton, he wrestled at Coventry High School and went to Bowling Green State University.

He worked for a family construction business and joined the Barberton police 33 years ago. He rose to narcotics detective and made chief 13 years ago. He oversaw what became 54 full-time workers and a budget of about \$5 million per year. Among other changes, he computerized the cruisers.

He and his wife, the former Jennifer McCart, had four children. At Wadsworth High, he coached the three boys, Mike Jr., Joe and Zak. Daughter Vanessa kept score. Zak became an All-American at Case Western Reserve University.

Last year, Coach Kallai won a Sportsmanship, Ethics and Integrity Award from the Ohio High School Wrestling Coaches Association. This year, he helped Wadsworth become the first public school in 33 years to win the state's top division.

"He lived that dream we had set," said Coach Gramuglia.

The National Wrestling Coaches Association named the Wadsworth pair coach and assistant coach of the year for Ohio and for one of the nation's eight regions. Kallai was also elected president of the Greater Cleveland Wrestling Coaches and Officials Association.

He once motivated his wrestlers by snapping and posting photos of a scoreboard documenting the team's fall during a tournament from first place to fourth.

"Boys," he told them, "I don't ever want to take another picture like this again."

Michael C. Kallai Sr.

1953-2010

**“LOSERS ASSEMBLE IN
LITTLE GROUPS, AND
COMPLAIN ABOUT THE
COACHES AND THE
PLAYERS IN OTHER LITTLE
GROUPS.**

**WINNERS ASSEMBLE AS
A TEAM”**

I do not
have time to
make you

feel good all
of the time.



WHS WRESTLING

Quotes to live by:

"Peace is not absent of toil, tribulation, or pain"

"Serve others"

"Only F words to use: Faith, Family, Friends"

Leadership = Influence

"Stop listening to yourself and start talking to yourself"

"Have a plan. Do the right thing"

"If we are strong, our strength will speak for itself. If we are weak, words will be of no help."

"It's time to stop talking and start wrestling."

"Be a contributor, not a contaminator"

"Losers think sacrifice is a punishment, not a necessity."

"Attitude is everything!"

"Everyday you are either Growing or Dying, not maintaining!"

Core values:

- 1. Trust**
- 2. Do it to the best of your ability**
- 3. Care about each other**

Always raise your standards.

