

BE STRONG, BE CONFIDENT, BE THANKFUL

.. Chief Mike Kallai



**"NEVER RING THE BELL;
GET THE RUDIS"**

-WIN #24-

THE EDGE

Working on 24
&
#23 in a row

STATE CHAMPS

ED ENGLER 115 LBS/1938	LOUDEN GORDON 2010/136
KEITH WOLF 145 LBS/1938	BRAD SQUIRE 2010/145
KERRY CARTWRIGHT 135 LBS/1942	NICK TAVANELLO 2010/215
JUNIOR MCCORK 115 LBS/1942	BEN BUZZELLI 2010/NVY
JIM SAILORS 156 LBS/1943	NICK TAVANELLO 2011/215
BOBBY JONES NVY/1996	NICK TAVANELLO 2012/NVY
BOBBY JONES NVY/1997	NOAH BAUGHMAN 2014/106
CHRIS KALLAI JR 152 LBS/2001	
MATT KALLAI 171 LBS/2002	
TIMMY MILLER 171 LBS/2005	
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But What if You Fly?

Published on November 3rd, 2014 in General

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Do something every day that scares you, every day.

When I walk out onto the mat before every big competition, I feel a wide range of emotions. I'm scared to death, but supremely confident. I'm nervous, but I feel unbeatable. My hands are shaking, but I'm at peace. The crowd is roaring, but I hear complete silence. I have a lot to lose, but everything to gain. Someone once told me that every day you should do something that absolutely scares you. That's how you promote growth. There is an unknown realm, that very few are brave enough to venture into. The realm where you could be completely embarrassed, or you could become great.

After the 2013 wrestling season, I finished up my fourth consecutive year undefeated. That's right, I hadn't lost a single wrestling match in any style since 2009. I had won two NCAA titles, two World Championships, an Olympic gold medal, and countless other awards. I was 69-0 on the international circuit. I could have easily walked away, finished my career as the only wrestler to ever go undefeated on the senior level, and had been whispered about for generations in wrestling circles as one of the greatest ever.

Not me. I love being afraid. There is such an adrenaline rush when you put it all out on the line. Walking to the center of the mat and staring into the eyes of a man and seeing the same hunger that I have in my own. Goudarzi, Dake, Tsargush, Taylor, Howe...I live for these matchups. You train to beat the best guys. Before my semifinal defeat at this year's World Championships, I turned to one of my personal coaches, Bryan Snyder, and said, "This is what it's all about." Win or lose. It's what every wrestler dreams of. The good thing about losing is that they don't give you trophies for it. There isn't a constant reminder of what you didn't do sitting on your living room table.

See, it takes courage to put it all out there on the line, in front of thousands of people. There is honor in that. You can never lose what you've already gained. Lacing up your shoes is half the battle. So I encourage you. Put it all out on the line. Risk embarrassment. Risk failure and disappointment. Risk getting your butt kicked, and having your dreams put on hold. I know you're scared. I am too, but this is where you separate yourself from the pack. If you're ever nervous before a match, remember, the best wrestlers have those same feelings. Once you put your foot on the line, you also put your dreams on the line. How hard are you willing to go to get what you

want? Never let your fear of failure outweigh your desire to succeed. Conquer your fear. Become great. Dream it. Do it.

An inspiring conversation once went...

"What if I fall?"

"Oh but my darling, what if you fly?"

-Erin Hicks



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General (18)





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Jeff Jordan's Introduction To Dave Schultz

Willie Saylor on Nov 11, 2014 | [More Posts](#)



Dave Schultz Taught Me How to Coach by Jeff Jordan

I've been truly blessed to have known such a great man as Dave Schultz. It was the beginning of my junior year in college at the University of Wisconsin when I met my idol, hero, coach and friend. My wrestling career was at a standstill. I had made it to the NCAA's the two previous years but did not win a match. Then Dave Schultz came into my life.

Never will I forget the first time I met Schultz. It was the start of fall in my junior year, and I had just finished lifting at the stadium and I went to get a sandwich at Jingles Restaurant across the street. I walked in the door and there were two people standing there, the owner (Jingles) and Schultz.

I ran over to him and said, "Mr. Schultz, I am Jeff Jordan and I wrestle 150 pounds, and it's a pleasure having you as a coach." Schultz said, "Hey Jordan, my name is Dave or Schultz." He then asked if I would wrestle him at 9:00 a.m. the next morning. That night I called all my teammates and bragged to them that I would be the first guy to wrestle Schultz.


I was at the wrestling room at 8:30 dressed and psyched for the workout. At 9:00 a.m. the locker room door opened. In walked a shirtless, hairy chested guy with spandex biking shorts and hiking boots on, carrying his mountain bike that he had just lugged up two flights of stairs. This guy also had chemistry experiment goggles on for eye protection. He sure did not look like an Olympic champion. I thought this guy was a band member who went to the wrong locker room.

We drilled hard for ten minutes, took a quick break, and smacked hands to go live. I then asked Schultz the dumbest question in the world. "How long do you want to go?" He came out of his stance and said, "What?" I then repeated the dumb question again. "How long do you want to go?" Before Schultz answered I said, "My brother Jimmy and I would go 45 minutes to an hour straight." Schultz looked me straight in the eye and said, "Hey Jordan, it don't matter how long we go, we will go until we get a great workout in. I can make three minutes of going with Schultz tougher than one hour with Jimmy Jordan." We again smacked hands and for the next eight minutes Dave Schultz showed me what intensity was all about; he beat me unmercifully.


After the eight minute thrashing, Schultz took his shirt, shorts, and head gear off and left the wrestling room with just a knee sleeve, wrestling shoes and speedo on. I was laying on the mat exhausted from the pounding hoping the workout was done. Five minutes later Schultz came back in, put his shorts, shirt, and head gear on and smacked my hand and proceeded to pound me for seven more minutes. Again, he took his shorts, shirt, and head gear off and left the wrestling room. This time I prayed to the good Lord that Schultz would not come back in to wrestle. We went three go's that morning, eight, seven and six minutes.

Schultz proved three things to me in twenty one minutes. Number one, he was The Man (Olympic Champ). Number two, his position and techniques were the best. Three, it doesn't matter how long you go, it's how intense you go! I honestly felt like a little first grader wrestling a high school state champ. I didn't even score a point that day and experienced extreme pain and exhaustion in that short workout.


After showering and getting dressed, Schultz put his biking shorts, hiking boots, and goggles back on and



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before leaving the locker room with his bike in hand he said, "Hey, Jordan, you're tough and you are going to be an All American this year." Those twenty one minutes of pain and suffering that I experienced that day I would do every day just to hear those magical words. Thus began a relationship with my hero, where instantly Schultz gained my love and respect. I am convinced those words gave me the confidence to achieve All American honors that year.



About the Author:

This is a multi-part series about Dave Schultz written by Jeff Jordan. This is article one.

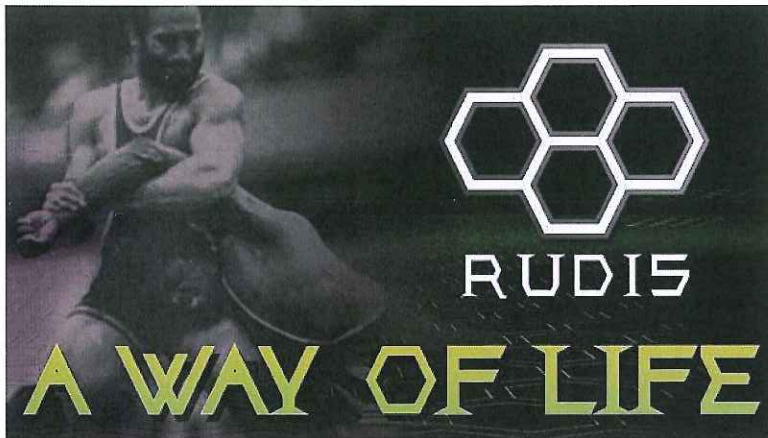
Jeff is currently in his fourteenth year as head coach at Saint Paris Graham.

-14x state champs

-2x National Champs

-Owner and operator of the Jeff Jordan State Champ Wrestling Camps

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Beautiful story, God Bless Dave Schultz !

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Team Goals

**"NEVER RING THE BELL;
GET THE RUDIS"**

WHS WRESTLING

-WIN #24-

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

2. **WIN 23 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:

IRONMAN TOURNEY, 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



"NEVER RING THE BELL; GET THE RUDIS"

-WIN #24-

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

"NEVER RING THE BELL; GET THE RUDIS"

-WIN #24-

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 **2:50 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.



"NEVER RING THE BELL; GET THE RUDIS"

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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, 2015, 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 know 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.

SOCIAL MEDIA GUIDELINES FOR STUDENT-ATHLETES

These guidelines are intended to provide a framework for student-athletes to conduct themselves safely and responsibly in an on-line environment. As a Wrestler at Wadsworth High School you should:

1. Be careful with how much and what kind of identifying information you post on social networking sites. Virtually anyone with an email address can access your personal page. It is unwise to make available information such as: full date of birth, social security number, address, phone number, cell phone numbers, class schedules, bank account information, or details about your daily routine. All of these can facilitate identity theft or stalking. Facebook and other sites provide numerous privacy settings for information contained in its pages; use these settings to protect private information. However, once posted, remember the information becomes property of the website.
2. Be aware that potential current and future employers and college admissions offices often access information you place on social networking sites. You should think about any information you post on Facebook or similar directories potentially providing an image of you to a prospective employer or school. The information is considered public information. Protect yourself by maintaining a self-image that you can be proud of years from now.
3. Be careful in responding to unsolicited e-mails asking for passwords or PIN numbers. Reputable businesses do not ask for this information in e-mails.
4. Do not have a false sense of security about your rights to freedom of speech. Understand that freedom of speech is not unlimited. The on-line social network sites are NOT a place where you can say and do whatever you want without repercussions.
5. Remember, photos put on the social network site's server become their property. You may delete the photo from your profile, but it still stays on their server. Internet search engines like Google or Yahoo may still find that image long after you have deleted it from your profile. Think long and hard about what type of photo you want to represent you.

Things student athletes should avoid:

Derogatory language or remarks about teammates or coaches; other Wadsworth student-athletes, teachers, or coaches; student-athletes, coaches, athletics administrators or representatives of other schools.

1. Demeaning statements about or threats to any third party.
2. Incriminating photos or statements depicting violence; bullying; hazing; sexual harassment; vandalism, stalking; underage drinking; selling, possessing, or using controlled substances; or any other inappropriate behaviors.
3. Creating a serious danger to the safety of another person or making a credible threat of serious physical or emotional injury to another person.
4. Indicating knowledge of an unreported felony theft or felony criminal damage to property.
5. Indicating knowledge of an unreported school or team violation—regardless if the violation was unintentional or intentional.

One of the biggest lessons social network users can learn is that anything you post on-line enters the public record. You never know who may be looking. For instance, there have been cases where minors were cited for underage drinking or breaking the rules of an apartment lease after pictures of wild parties were posted on social networking sites. Kids posting photos bragging of graffiti have been arrested by police.

Although not every Facebook, Twitter, or Instagram misstep makes the national news, users should always be sensitive to how others might perceive their profiles. A private joke isn't so private when it's accessible to millions across the internet, and it can easily offend someone who doesn't understand the context. If that isn't enough to make you think twice about posting an inappropriate picture or off-color comment, consider your future. High school and college students should carefully consider their social media profiles and ask themselves how they would look to a future college admissions officer or potential employer.

St. Thomas Aquinas High School - 197 Dover Point Rd, Dover, NH 03820 - Phone: 603-742-3206 - Fax: 603-749-7822

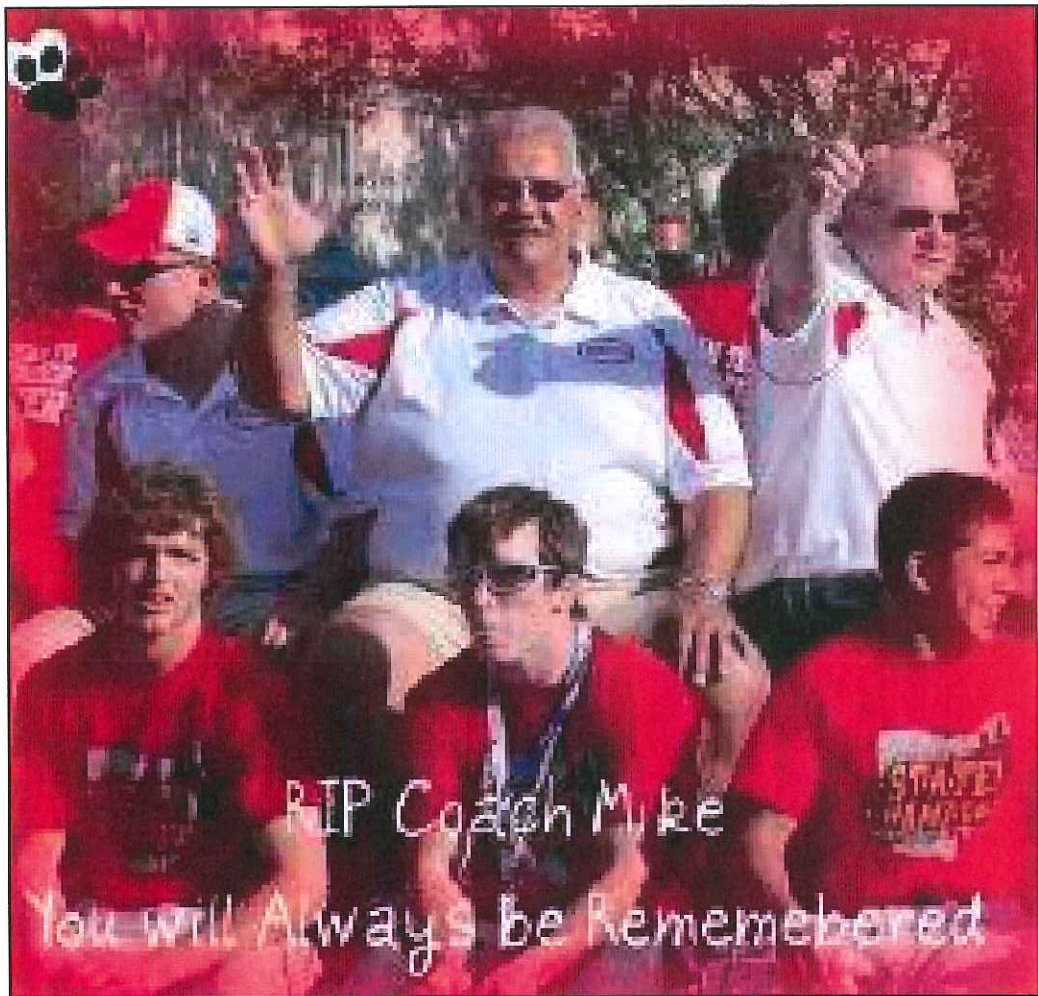
*Ideas borrowed from St. Thomas Aquinas H.S., Dover, NH

Words and images have the ability to encourage and inspire; unfortunately, words and images have the ability to embarrass, hurt, and divide, as well.

Do not post or share anything on-line that would reflect negatively upon our wrestling program, Wadsworth High School, your family, or our community and church.

Our goal should be to represent ourselves in a virtuous and Christ-like manner.

The misuse of social media will not be tolerated. What is "said on-line" will be viewed as if it was "said" in a face to face conversation.



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

Dave Schultz remembered as a friend to all wrestlers

Bryce Miller, USA TODAY Sports 11:38 a.m. EST November 10, 2014



(Photo: Associated Press)

Dave Schultz brought the world together – in his sport, in his way, in whatever languages supplied the brick and mortar to build bridges.

Schultz, a two-time world champion in wrestling, gained notoriety inside the sport's inner circles for his unique brand of sweat-soaked diplomacy.

The untimely and horrifying shooting death of Schultz on Jan. 26, 1996 at the hands of mentally unhinged business heir John du Pont, is depicted in the movie "Foxcatcher," which opens Friday.

Du Pont gunned down Schultz as he worked to install a radio in his car on Foxcatcher Farm, an unprecedented training facility for wrestlers, swimmers, pentathletes and others in Newtown Square, Pa. – about 40 minutes outside Philadelphia.

Those who knew Schultz best recalled a man singularly committed to people as much as a sport that steered so many of his 36 years. Schultz criss-crossed the globe to meet and work with the best, from Russia to Iran, Belarus, Bulgaria and beyond. The Prince of Monaco once sought out Schultz as he considered forming a wrestling team.

Nancy Schultz, Dave's former wife, said her husband made more than 40 trips to Russia alone to compete and connect – learning to speak the language fluently. Five-time world champion Bruce Baumgartner underscored Schultz's commitment to mining relationships: If the wrestling world wasn't able to come to him, he'd go to it.

"Bruce said, 'He's the man who spoke 50 words in 50 languages,'" Nancy Schultz said.



[USA TODAY](#)

['Foxcatcher' tells story of murder, money and wrestling](#)

[\(http://www.usatoday.com/story/sports/olympics/2014/11/09/foxcatcher-steve-carell-john-du-pont-dave-schultz-wrestling/18766319/\)](http://www.usatoday.com/story/sports/olympics/2014/11/09/foxcatcher-steve-carell-john-du-pont-dave-schultz-wrestling/18766319/)

Cornell College coach Rob Koll, an NCAA champion at North Carolina and alternate on the 1992 U.S. Olympic team, often was forced to compete against Schultz.

The two became fast friends anyway, simply because Schultz shucked jealousy and anger every time he left the mat.

o:

"I remember going on a trip to Russia with Dave, he was coach," Koll said. "In some of those tournaments, the town gives you an award. We won, so we got ice skates. We were skating in a reservoir at about 3 or 4 in the morning outside of Red Square (in Moscow) and nearly got arrested. Thankfully, Dave spoke Russian. He explained that we were goofy Americans, won the tournament and they let us go."

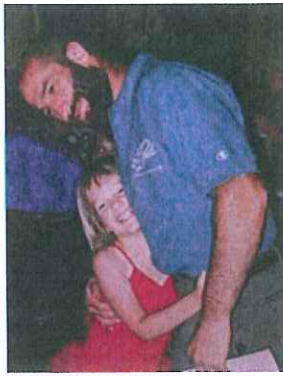
Tom Brands, head coach at the University of Iowa, began to train under Foxcatcher sponsorship in December 1992. He learned as much from Schultz The Person as Schultz The Performer.

Schultz was just as likely to help a Bulgarian polish technique as an American.

"There's a lot of ways to define an opponent in wrestling – weight class, country, club, whatever," said Brands, a 1996 Olympic gold medalist. "Dave Schultz transcended those lines. The Iranians were his friends, the Russians were his friends. He had friends all over the wrestling world. He embraced people."

Schultz helped pave the way for wrestlers from other countries to train with the U.S. team at Foxcatcher Farm.

No moment framed Schultz's focus on bringing the world together more, however, than a nightly ritual in a bedroom of the "big house" on du Pont's sprawling estate.



Dave Schultz is pictured with his daughter Danielle in an undated family photo. (Photo: Associated Press)

"Dave was an extraordinary father," Nancy Schultz said. "Every night he would tell our children (Danielle and Alexander, named after Soviet champion Alexander Medved) a beautiful bedtime story. Danny was 'Lisa the Fox' and Xander was 'Friend-able the Flying Deer.' The story would always change.

"He would bring in wrestlers to the room and they would be a new character in the story. One night, it might be a Russian. Another night, a guy from Slovakia. Another night, a Bulgarian. Literally, hundreds of wrestlers had parts in those bedtime stories."

The wide range of experiences and relationships cultivated by Schultz allowed him to become a master tactician.

One day, Koll labored to develop a response for the "John Smith low-single (leg takedown)" – named after the six-time world champion – he would face against Smith's brother, Pat Smith. The two discussed the dilemma and Schultz returned with an answer.

"It was something completely different than anyone had ever tried," Koll said. "His laboratory was the wrestling room. The Petri dish was the mat."

Iowa State coach Kevin Jackson, a three-time world champion and 1992 Olympic gold medalist, said the combination of ambassador and arm-bars was unmatched – then and now.

Where others saw walls, Schultz envisioned doorways.


"America lost a ton when we lost Dave Schultz," Jackson said.

Bryce Miller writes for the Des Moines Register.

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Dave Schultz Taught Me How to Coach by Jeff Jordan

Every wrestler hits a point in their career or season where they hit a crossroads. In the wrestler's eyes or words we call it a slump or some might call it burn-out. It was my senior year in college and I hit a late January slump where I tied two unranked wrestlers in back-to-back weekends.

On a Sunday night in late January I was laying around in my apartment feeling sorry for myself when the phone rang. Whenever Dave Schultz called he would always say the least amount of words as possible.

This phone call was no different. "Jordan, Schultzy, come over now!" When Schultzy calls and tells you to come over, you go over.

I knew the reason for the phone call and invitation to his house. He was going to talk wrestling to me and to try pulling me out of my slump. When I got to Schultzy's tri level house I just walked in and saw Schultzy sitting on his couch watching TV in his birthday suit. For a moment I thought Sasquatch invaded Dave and Nancy's house because if you don't already know, Schultzy was a very hairy man.

I turned my head and yelled, "Schultzy, its Jordan, get some clothes on!"

After slipping a pair of sweats on Schultzy asked me to sit down across from him. Between us was a Russian chessboard. Schultzy loved to play chess. He said the Russian wrestlers would always play chess between workouts because it teaches strategy. Halfway through the game Schultzy goes and grabs us both a beer. I don't remember the brand of beer, but I do remember it was black and warm and it tasted like cough syrup.

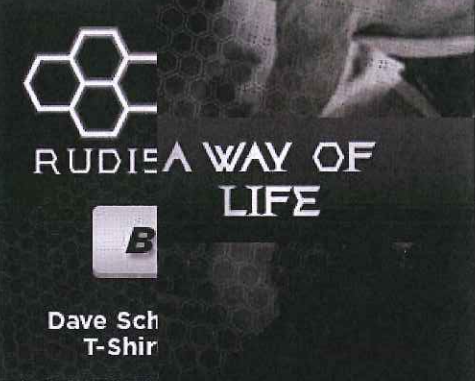
I actually did two great things that night. One, I beat Schultzy in chess, and two, I choked down half of that nasty beer.

The amazing thing about that evening with Schultzy was that we never talked about wrestling. Somehow Schultzy knew that I needed a brief mental break. What I needed most that night was the reassurance that he cared and believed in me. Schultzy was the master of having that "knack" of knowing how to bring me and other wrestlers out of a slump. He accomplished this through his relationships he built with his wrestlers. I do the same with my wrestlers. Sometimes I have to push them harder, and other times I have to give them a day off.

I never beat Schultzy again at chess. Sometimes I wonder if he let me win that game to build up my confidence.

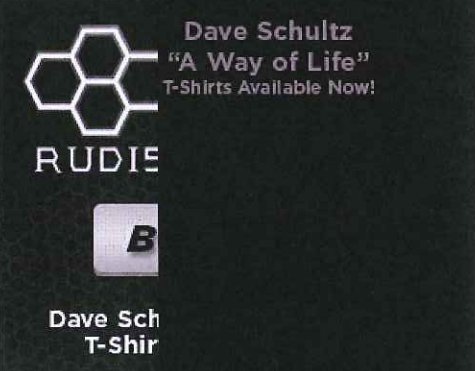
Three months later Schultzy bought me a Russian chessboard when he wrestled in Moscow.

It's in my living room at this very moment and a present I will always cherish.



RUDIS A WAY OF LIFE

Dave Sch T-Shir



RUDIS A WAY OF LIFE

Dave Schultz "A Way of Life" T-Shirts Available Now!

Dave Sch T-Shir



Actor Mark Ruffalo on why he loves wrestling

Kelly Whiteside, USA TODAY Sports 7:29 p.m. EDT May 30, 2013



(Photo: Dan Steinberg AP)

If the Keep Olympic Wrestling movement wants a famous face, perhaps there's no one better to lead the way than Mark Ruffalo. Just like the sport he loves, Ruffalo is more substance than sizzle, more blue mat than red carpet. The actor who's been called the most likeable guy in Hollywood is, at his essence, a wrestler.

Ruffalo, the son of a state wrestling champ, competed in junior high and high school in Wisconsin and Virginia and was good enough to wrestle in college, he said. But when he discovered acting his senior year, he put his singlet away and followed that dream. Good move. Ruffalo, 45, was nominated for an Academy Award for his turn in *The Kids Are All Right* and his nuanced portrayal of The Hulk in the *Avengers* has been widely acclaimed.

A day after the International Olympic Committee executive board shortlisted three sports — wrestling, baseball/softball and squash — for inclusion beginning with the 2020 Summer Games, Ruffalo, spoke to USA TODAY Sports about his involvement in the movement and his wrestling movie, *Foxcatcher*, which will be released later this year.

Ruffalo was at the recent "Rumble on the Rails" wrestling match between the USA, Iran and Russia at Grand Central Terminal in New York. On his Twitter feed, with a half million followers, he frequently tweets about the Olympic wrestling movement (as well as his opposition to fracking).

As a kid, Ruffalo began wrestling at 83 pounds and then bulked up to 112. "It did have a profound effect on me and it was something I could do without having to pay hundreds of dollars for equipment," he said. "Something that came very natural. Then I became a fan of Olympic wrestling since it's what American wrestlers ended up going into until MMA came along.

"Many of the qualities I learned in wrestling became deeply needed for the job I have now. I think it helped me a lot during the years I struggled, that determination and perseverance."

In *Foxcatcher*, Ruffalo plays Dave Schultz, an NCAA champ, 1984 Olympic gold medalist and coach of the club team, Foxcatcher. Schultz was shot and killed in 1996 by the team's sponsor John duPont (played by Steve Carell in the film). Channing Tatum plays Mark Schultz, Dave's younger brother who also won Olympic gold in '84, and Sienna Miller plays Dave's wife, Nancy.

In preparing for the movie, Ruffalo had technical advisors helping him, former college wrestlers John Guira (Wisconsin), who was also one of Schultz's best friends, and Jesse Jantzen (Harvard). Ruffalo also spoke of becoming friends with two-time Olympic gold medalist Bruce Baumgartner, also a teammate of Dave Schultz on the '84 team.

Ruffalo says he put on 25 pounds for the role and started training seven months before shooting the film. "I had to relearn everything because he predominantly led with his left, so that was the most frustrating thing, trying to relearn what I thought I already knew," he said.

"I started training with these guys; it's a tight knit group of people. Honor and respect come from your accomplishments in the wrestling world and Dave Schultz is one of their beloved wrestlers so there's a lot of caution and pride around him. You had to prove yourself. So that became my first hurdle. Once I did that that, the community really opened up to me.

"It's probably one of the most close-knit, stand-up group of individuals from all walks of life that I've ever come in contact with. They all have a sense of decency and righteousness and are incredibly disciplined and all leaders in their own fields and they love the sport."

On what makes *Foxcatcher* special: "No one has ever shot wrestling this way. I don't think anyone has captured it quite the way (*Foxcatcher*) does -- its financial struggles, its sense of loyalty, its tradition, the quality of the people involved. Though in the movie there's a tragic outcome, what is evident is the beauty of the sport, the commitment of the athletes, the quality of the athletes. I do think it's going to be a great boost for wrestling."

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

**WINNERS ASSEMBLE AS
A TEAM”**



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.



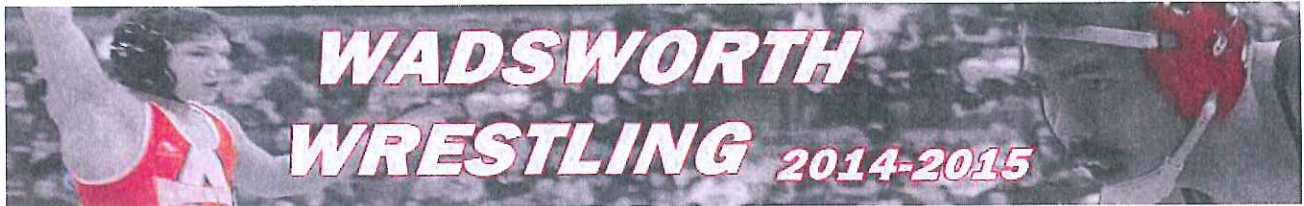
2014-2015 WADSWORTH GRIZZLY WRESTLING



Fri. November 28	Preview @ Padua
Sat. December 6	Lexington Quad
Thurs. December 11	Suburban Duals-@ Green -Nordonia/Tallmadge
Fri-Sat. Dec. 12,13	Ironman Tournament @ Walsh Jesuit
Thurs. December 18	Suburban Duals-@ Highland/Revere
Fri-Sat. Dec. 19,20	North Canton Tournament
Sat/Sun Dec 27, 28	Medina Invitational Tournament
Thurs. January 8	Suburban Duals- @ Cloverleaf /Copley
Thurs. January 15	Suburban Dual vs. Green (H) (Senior Night)
Sat. January 24	GIT (H)
Wed. January 28	State Dual Quarterfinals @TBA
Wed. February 4	State Dual Regional Semis/ Finals @TBA
Thurs. February 12	Tri vs. Lorain/Normandy (H)
Sat. February 14	State Dual Final 8 @Columbus
Sat. February 21	Suburban League Tourn. @ Cloverleaf
Fri-Sat. Feb. 27,28	Sectional Tournament (H)
Fri-Sat. Mar. 6,7	Districts @ TBA
Th, Fri, Sat, Mar 12,13,14	State Tournament @ Columbus

" NEVER RING THE BELL.. GET THE RUDIS"

-WIN #23-



Links

[Varsity](#)

Varsity B/ JV Schedule
Coach Nick Ranallo

Junior Varsity

[Freshman](#)
[Middle School](#)
[Youth](#)



GIT

**State Champ
and Placers**

**Individual and Team
Records**

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[Sportsink.com](#)

DATE	OPPONENT	TIME	RESULTS
Sat. 12-6-14	@ Ashland Duals	9:00AM	
Fri. 12-12-14	@ Marlinton Duals	4:00PM	
Sat. 12-13-14	@ Marlinton Duals	9:00AM	
Sat. 1-3-15	@Meadowbrook Duals	10:00AM	
Sat. 1-10-15	Joe Searcy Invitational @ Bedford	9:30AM	
Sat. 1-24-15	GIT - Alumni Night	9:00AM	
Sat. 1-31-15	Tiger Town Invitational @ Massillon	9:00AM	
Sat. 2-7-15	Waterloo Duals	10:00AM	
Wed. 2-11-15	Lakewood Tri-Match	6:00PM	
Home meets in Red			



Links

Freshman Schedule
Coach Brad Squire

[Varsity](#)
[Junior Varsity](#)

Freshman

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GIT

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DATE	OPPONENT	TIME	RESULT
Thu. 12-11-14	Suburban Tri-@ Green Nordonia/Tallmadge	6:00PM	
Mon. 12-15-14	Ironboy @ Marlinton	5:30PM	
Thu. 12-18-14	Suburban Tri -@ Highland/Revere	6:00PM	
Sat. 12-27-14	JMMC Tournament @ Eastlake North	9:30AM	
Mon. 12-29-14	Ironboy @ Marlinton	5:30 PM	
Thu. 1-8-15	Suburban Tri-@ Cloverleaf/Copley	6:00PM	
Sat. 1-10-15	Minerva Invitational	9:00 am	
Mon. 1-12-15	Ironboy @ Marlinton	5:30PM	
Thu. 1-15-15	Suburban Dual vs. Green	6:00PM	
Mon. 1-19-15	Ron Alexander @ Lutheran West	9:30AM	
Home meets in Red			



Wadsworth Wrestling Make-up Practice Schedule

**"NEVER RING THE BELL;
GET THE RUDIS"**

WHS WRESTLING

-WIN #24-

- 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-

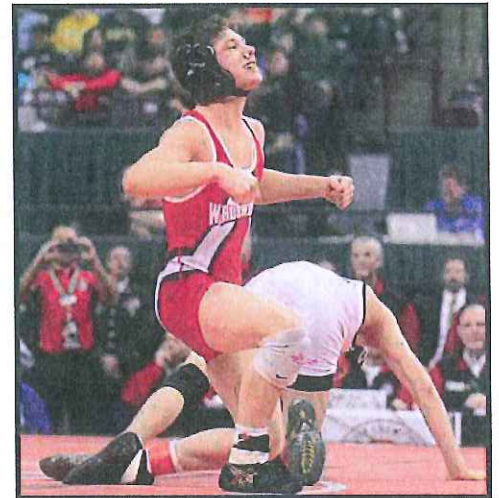
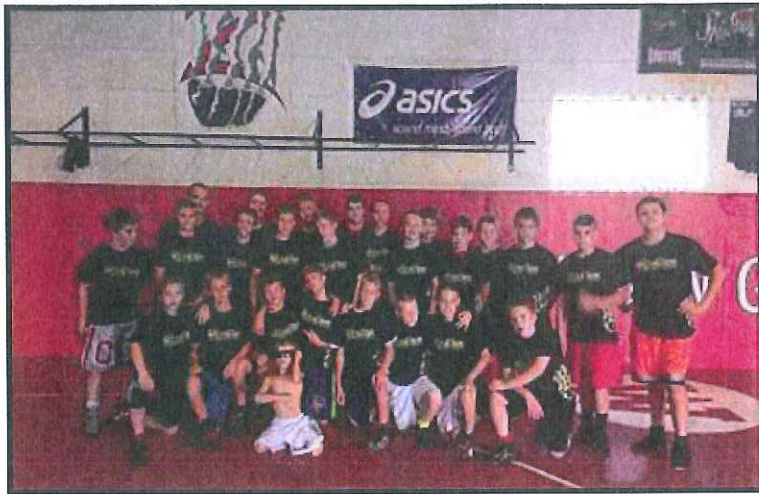
- head and tricep tie
- opposite tie
- underhook
- overhook
- 2on 1
- wrists
- double tricep

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



2014-2015

BattleZone Wrestling

Season Practice Schedule

November-March

Sunday and Wednesday

6:00pm-7:15pm-Youth

7:15pm-8:30pm-Jr. High

Club Prices

\$7 per session

\$37 monthly

\$95 Three months

Gold Membership-\$320 yearly

Bring USA Card

Season Package

\$190

November-March



BattleZone Fitness
833 Norton Ave. Barberton Ohio
(330)414-6671
battlezonefitness@gmail.com
battlezonefitness.com