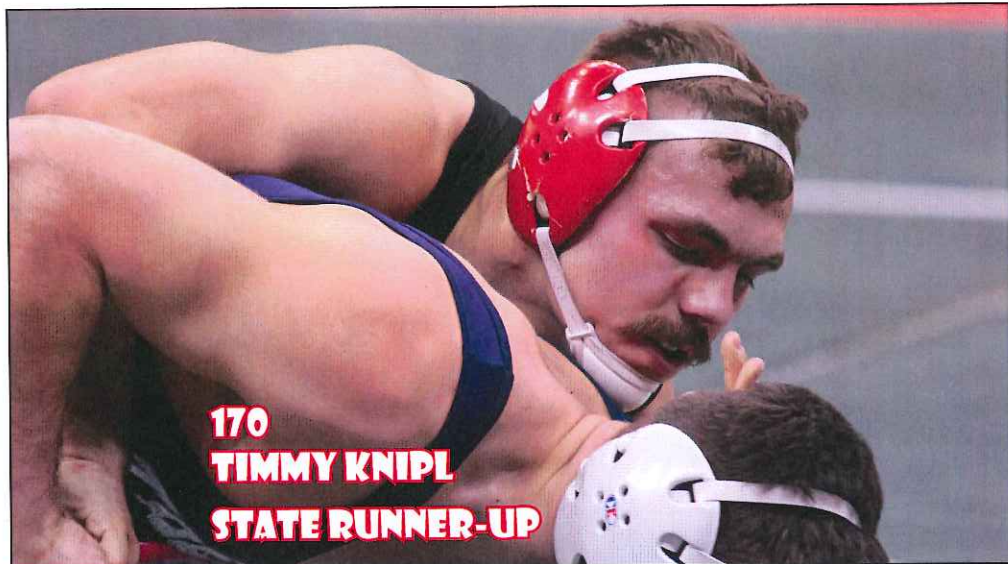
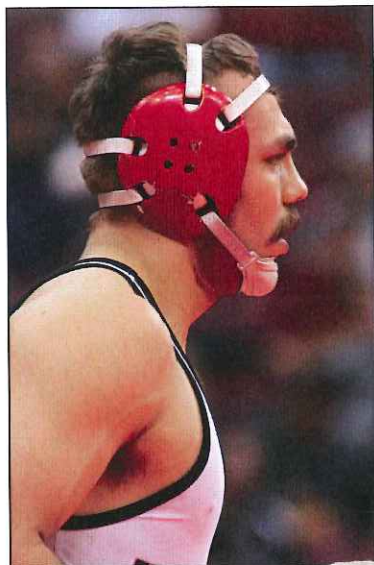


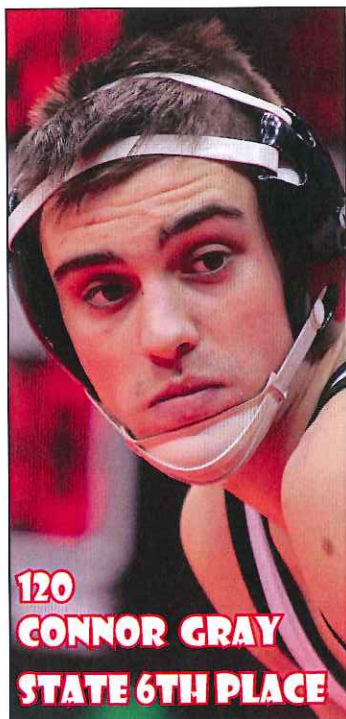
Grizzlies qualify 5 to state, Place 5th

Noah Baughman, Connor Gray, Joey Baughman, Timmy Knipf, Shane Mast, and Darrin Gilkerson State Alternate

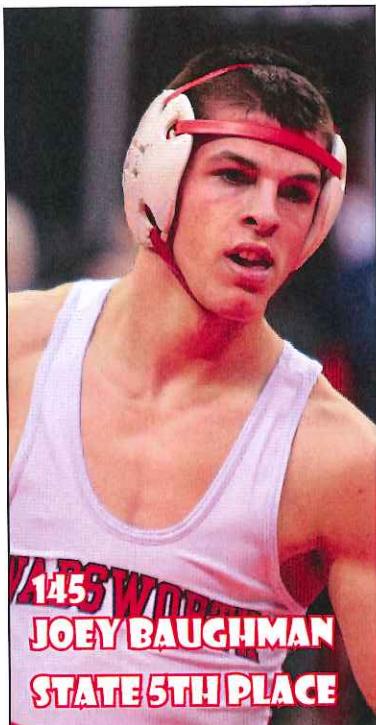
Wadsworth wrestlers win SL for 23 in a row with 8 SUBURBAN LEAGUE CHAMPIONS AND 14 PLACERS



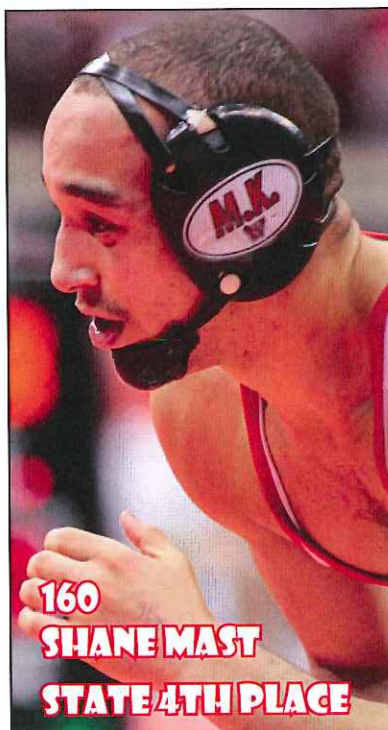
**170
TIMMY KNIPL
STATE RUNNER-UP**



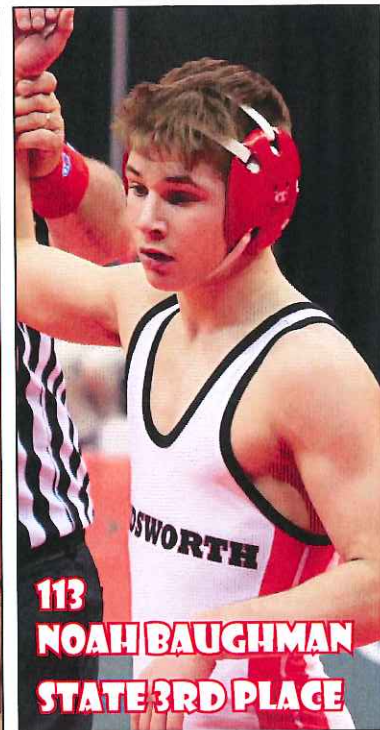
**120
CONNOR GRAY
STATE 6TH PLACE**



**145
JOEY BAUGHMAN
STATE 5TH PLACE**



**160
SHANE MAST
STATE 4TH PLACE**



**113
NOAH BAUGHMAN
STATE 3RD PLACE**

2014-15 TEAM MOTTO



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



WADSWORTH 2014-2015 VARSITY WRESTLING TEAM STANDINGS

WIN / LOSS	TEAMS	SCORE
W	LIBERTY	48-26
W	OAK HARBOR	41-30
W	BELLBROOK	59-21
W	HIGHLAND (SUBURBAN LEAGUE)	58-3
W	CLOVERLEAF (SUBURBAN LEAGUE)	81-0
W	TALLMADGE (SUBURBAN LEAGUE)	64-12
W	REVERE (SUBURBAN LEAGUE)	69-3
W	GREEN (SUBURBAN LEAGUE)	65-0
W	COPLEY (SUBURBAN LEAGUE)	54-13
W	NORDONIA (SUBURBAN LEAGUE)	69-6
W	MEDINA (STATE DUALS)	56-9
W	BRUNSWICK (STATE DUALS)	40-24
L	ST EDWARD (STATE DUALS)	17-42

LEAGUE 7-0 INDEPENDENT 6-1

TOTAL 12-1

TOURNAMENT STANDINGS

IRONMAN TOURNAMENT- 29TH PLACE (36 PTS)
NORTH CANTON TOURNAMENT – 4TH PLACE (135 PTS)
MEDINA TOURNAMENT – 10TH PLACE (116 PTS)
GIT POOL TOURNAMENT – 2ND PLACE (390.5 PTS)
STATE DUAL TOURNAMENT- REGIONAL RUNNER-UP
SUBURBAN TOURNAMENT – 1ST PLACE (263.5 PTS)
SECTIONAL TOURNAMENT - 2nd PLACE (241 PTS)
DISTRICT TOURNAMENT – 3RD PLACE (134.5 pts)
STATE TOURNAMENT - 5TH PLACE (68 PTS)

WADSWORTH 2014 / 2015 ROSTER AND SUPPORT PEOPLE

HIGH SCHOOL HEAD COACH: JOHN GRAMUGLIA

HIGH SCHOOL ASSISTANT COACHES: MATT HULME, BRAD SQUIRE AND NICK RANALLO

HIGH SCHOOL VOLUNTEER COACHES: JASON FREIDT, GREG McELROY, DEMETRY, AND DOM OWENS

MIDDLE SCHOOL COACHES: LARRY KAUFMAN AND CORY RUNKLE

HEAD YOUTH COACH: DAVE BRUGH

YOUTH AND MIDDLE SCHOOL CLUB COACH: MIKE WENGER

FREESTYLE CLUB COACH: CLAY WENGER

CLUB TREASURER: HOLLY BRUGH

TEAM TRAINER: RON BURDETTE AND WADSWORTH SUMMA HOSPITAL

TEAM DOCTOR: NICK PAPAS MD, DR. TODD MCMILLEN AND DR. BRANDON BUPP

TOURNAMENTS DIRECTOR: SAM BRANDENBURG

ATHLETIC DIRECTOR: BRAD MUSGRAVE

PRINCIPAL: STEVE MOORE

SUPERINTENDENT: DR. HILL

NAME	WT.	VARSITY LETTERMAN A & B	
		CLASS	RECORD A & B
BROCK SWARTBAUGH	106	JUNIOR	21-17
QUENTIN GRIFFITH	106	FRESHMAN	11-10
NOAH BAUGHMAN	113/120	JUNIOR	43-4
BRANDON RANDOLPH	113	SOPHOMORE	22-4
MATT MCMILLEN	113	SOPHOMORE	32-7
CONNOR GRAY	120	SENIOR	34-11
COREY RIGGENBACH	126	SENIOR	23-8
DARRIN GILKERSON	132/138	JUNIOR	27-11
CONNER CLARK	132	SOPHOMORE	20-7
CAMERON RIGGENBACH	132	FRESHMAN	14-11
CODY SURRATT	138	SOPHOMORE	32-10
BRANDON BAUGHMAN	138/145	JUNIOR	19-9
RYAN ORR	138	SOPHOMORE	13-9
KOLE KEMPPPEL	145/152	SOPHOMORE	17-12
JOEY BAUGHMAN	145/152	FRESHMAN	34-6
MITCH FRISBY	152/160	SENIOR	20-18
DREW BLANKENSHIP	152	SOPHOMORE	8-12
ALEX JONES	160	SOPHOMORE	INJ
SHANE MAST	160/170	SENIOR	28-4
JORDAN EARNEST	160	FRESHMAN	16-11
TIM KNIPL	170/182	SENIOR	44-6
HUNTER BLAZ	170	FRESHMAN	21-9
EVAN GOEBEL	182/195	SOPHOMORE	12-13
CLAY MCCOMAS	182	FRESHMAN	17-15
CHRIS SUAREZ	195	FRESHMAN	16-12
KYLE GREEN	220	JUNIOR	20-16
TOMMY ANDREWS	220	SENIOR	15-13

VARSITY MANAGERS: MIKAELA CART, LAUREN KNIPL, DEVANNE O'CONNOR,

JV/FROSH MANAGERS: LIBBY O'HARA, MADALINE MASLANKA AND SAMANTHA PLACEK

VARSITY STATISTICIANS: MIKAELA CART, LAUREN KNIPL, DEVANNE O'CONNOR, LIBBY O'HARA, ,

JV/ FROSH STATISTICIANS: MADALINE MASLANKA AND SAMANTHA PLACEK

HEAD STATISTICIAN: MARY RUSE

HEAD LIS SIS ADVISOR:DAWN KNOTTS **ASSISTANTS:** ALI BAUGHMAN, LORRAINE BRANDENBURG, JEN FRISBY, JEN GRAY, RACHEL JONES, RENEE RIGGENBACH AND HEATHER SURRATT, AND JENNIFER WOLFERT

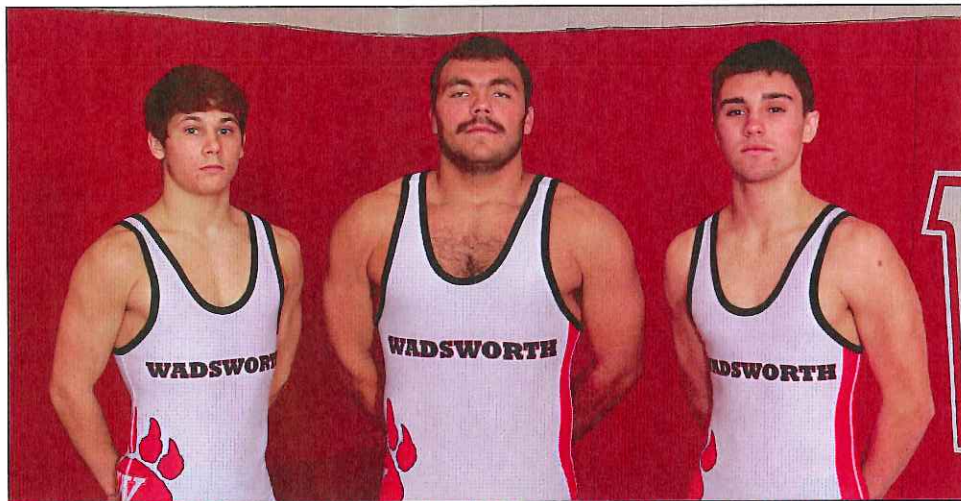
WRESTLING WEB PAGE: LARRY KAUFMAN

TEAM PA ANNOUNCERS: BART RANDOLPH AND MIKE KYNER

TEAM TV ANNOUNCERS: TODD BAUGHMAN, SCOTT SQUIRE

ART WORK / CALLIGRAPHY: BECKY RANDOLPH

2014 Tradition, tradition, tradition 2015



TEAM CAPTAINS: NOAH BAUGHMAN, TIM KNIPL, CONNOR GRAY

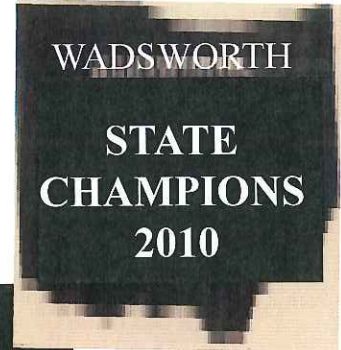
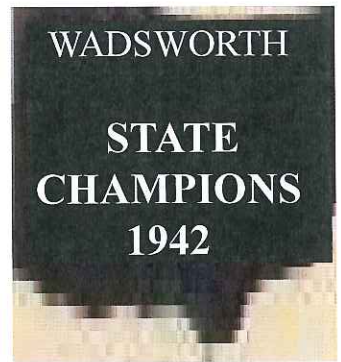
- IRONMAN TOURNAMENT-29TH PLACE (36 PTS)
- NORTH CANTON TOURNAMENT – 4TH PLACE (135 PTS)
- MEDINA TOURNAMENT – 10TH PLACE (116 PTS)
- GIT POOL TOURNAMENT – 2ND PLACE (390.5 PTS)
- STATE DUAL TOURNAMENT- REGIONAL RUNNER-UP
- SUBURBAN LEAGUE TOURNAMENT – 1ST PLACE (263.5 PT)
- SECTIONAL TOURNAMENT - 2nd PLACE (241 PTS)
- DISTRICT TOURNAMENT – 3RD PLACE (134.5 pts)
- STATE TOURNAMENT - 5TH PLACE (68 PTS)



8 SUBURBAN LEAGUE
INDIVIDUAL CHAMPS 2014-15

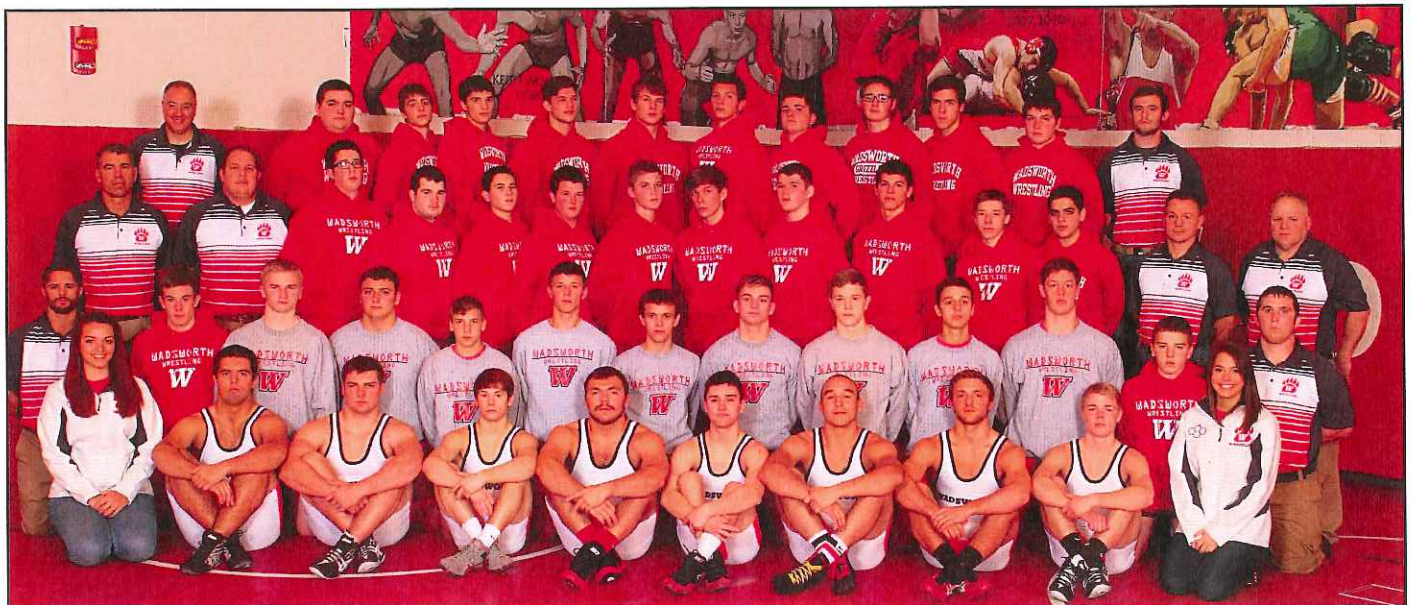
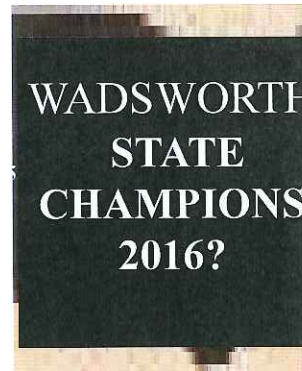
- 113 BRANDON RANDOLPH
- 120 NOAH BAUGHMAN
- 126 CONNOR GRAY
- 132 COREY RIGGENBACH
- 145 CODY SURRATT

- 152 JOEY BAUGHMAN
- 170 SHANE MAST
- 182 TIMMY KNIPL

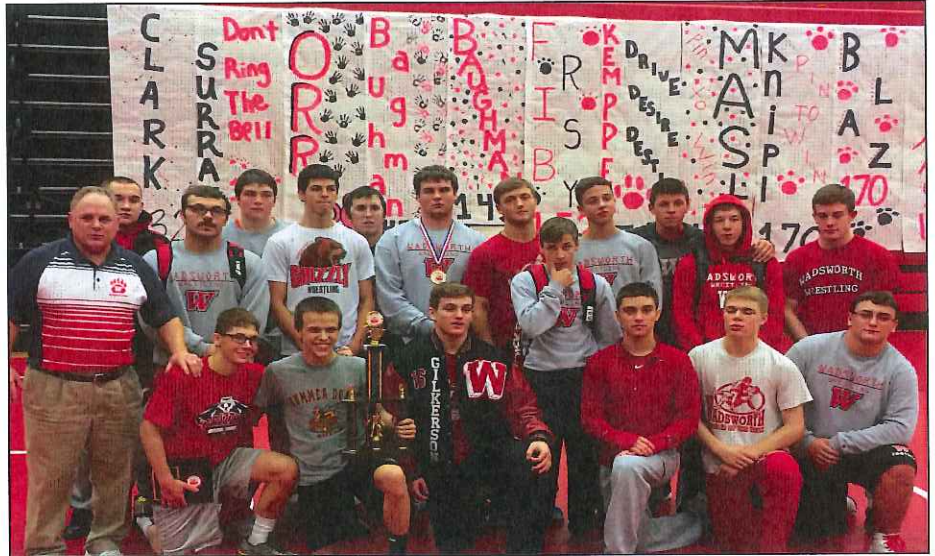


TOP TEN

1. ST. EDWARD	111.5
2. ELYRIA	97.0
3. MASSILLON PERRY	85.5
4. BRECKSVILLE	74.0
5. WADSWORTH	68.0
6. PERRYSBURG	60.5
7. UNIONTOWN LAKE	59.0
8. OREGON CLAY	47.0
9. POWELL OLEN. LIBERTY	
10. MARYSVILLE	44.0



*PROGRAM PICTURES COURTESY OF RUTHERFORD PHOTOGRAPHY AND TEAM PHOTOGRAPHER NATE MANLEY



Wadsworth places 2nd in GIT and wins Suburban 23rd title in a row

Grizzlies make headlines

POLLS
PD

STATE

Champs Restaurant

"Never ring the bell"

foot fires

Boot camp

pushing cars/trucks

sleds

RUDIS

Weight room

Bench

neck bridges

push plates

Clays Park

Squats

Bring it up

chin ups/situps

stations ropes

"Get a Grizzly"

"No tight _____"

neck flips

"Don't break"

The Grinch-Squire

G-money

Grizzlies stomp out Blue Devils

Their shots at making history

Knipl makes the State Finals

Wadsworth champion for 23rd year in a row

Proving their points

Wadsworth excited about 5th place

High expectations remain for Grizzlies

Grizzlies roll in home opener

Another title

Baughman clutch again for Grizzlies

Grizzlies take 2nd at GIT this time

Rematch is set with St Edward

Wadsworth wrestlers winners on many levels

Several Grizzlies to wrestle for crown

Grizzlies advance 12 to rugged CSU District

Hulmes

You have to control your weight better

bambam

Mac Attack Award-

Fear the stache

Rock n'Roll

snow days

20 below 0

"swisher"

power steps

45 minute drill-

Homeruns

tumbles

quickies

4 of 4

medicine balls

Get a banner

Tradition

rubberbands

Road trips

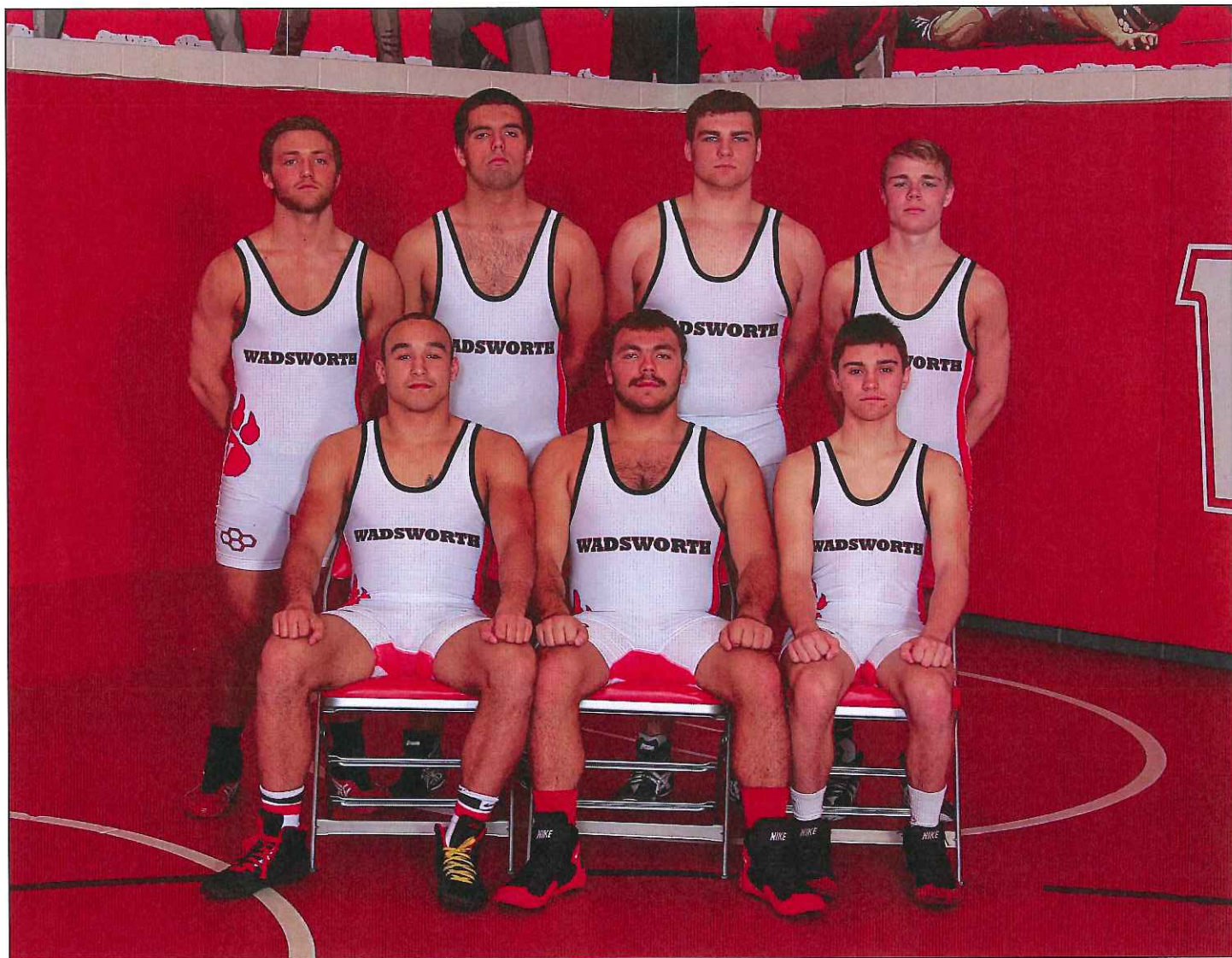
23

head recoveries

dynamic stretch

5th in
State Final
Poll





WRESTLING SENIORS

Left to Right Front Row 1: Shane Mast, Tim Knipl, Connor Gray

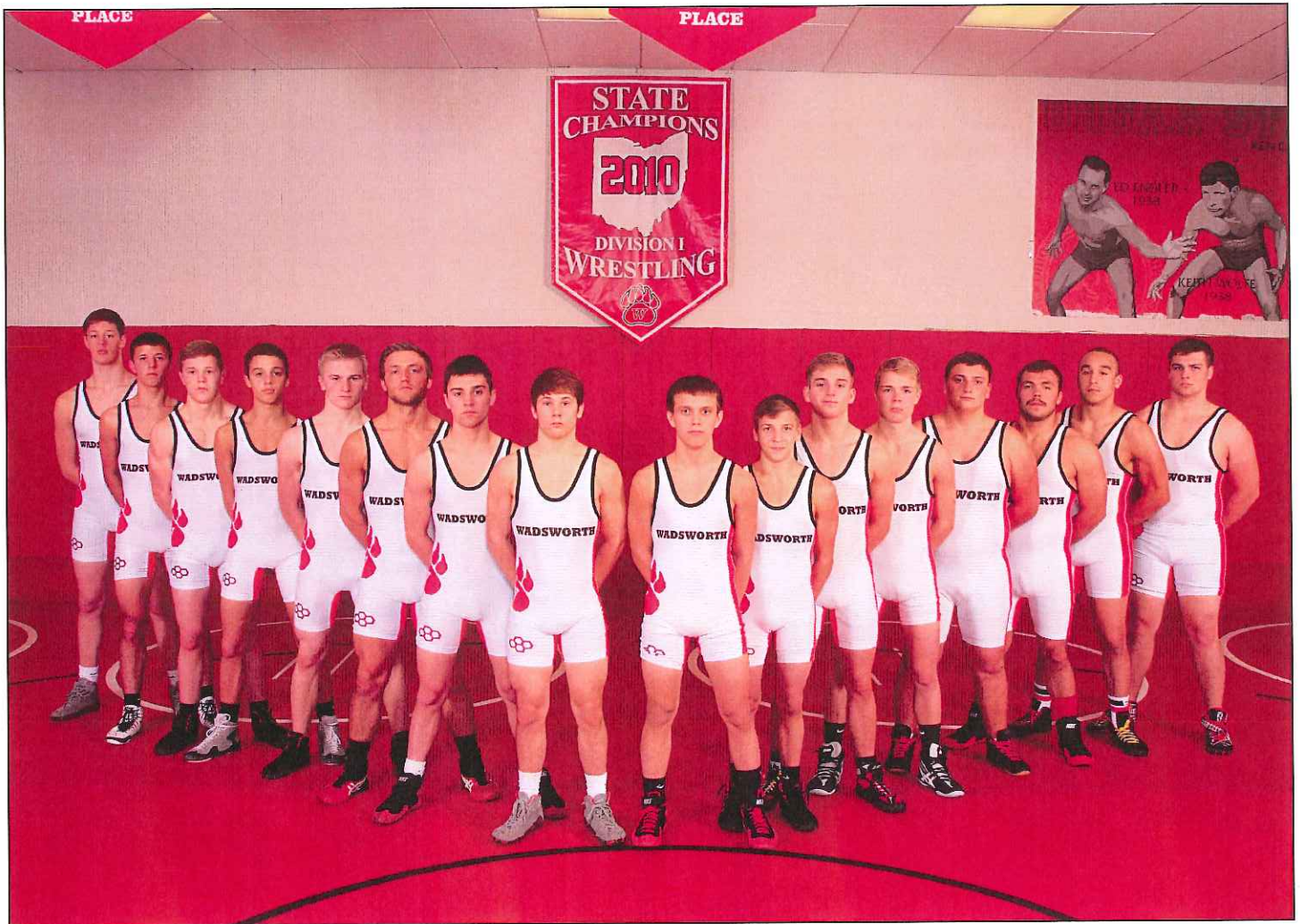
Row 2: Mitchell Frisby, Richard Shorter, Tommy Andrews, Corey Riggerbach



COACHES:

Left to Right Front Row 1: Matt Hulme, John Gramuglia, Nick Ranallo
Row 2: Brad Squire, Demitris, Dom Owens, Greg McElroy, Nick Papas (team physician) not pictured Jason Friedt





WRESTLING LETTERMEN:

Left to Right

Evan Goebel, Brandon Baughman, Cody Surratt, Matt McMillen, Kole Kemppele, Mitch Frisby, Connor Gray, Noah Baughman, Brandon Baughman, Brock Swartzbaugh, Darrin Gilkerson, Corey Riggerbach, Kyle Green, Tim Knipl, Shane Mast, and Tom Andrews



WRESTLING

LIL SIS/STATS/MANAGERS

Left to Right;Front Row 1:

Kirsten Johnson, Kaela Cart, Maddie Maslanka, Devanne O'Connor

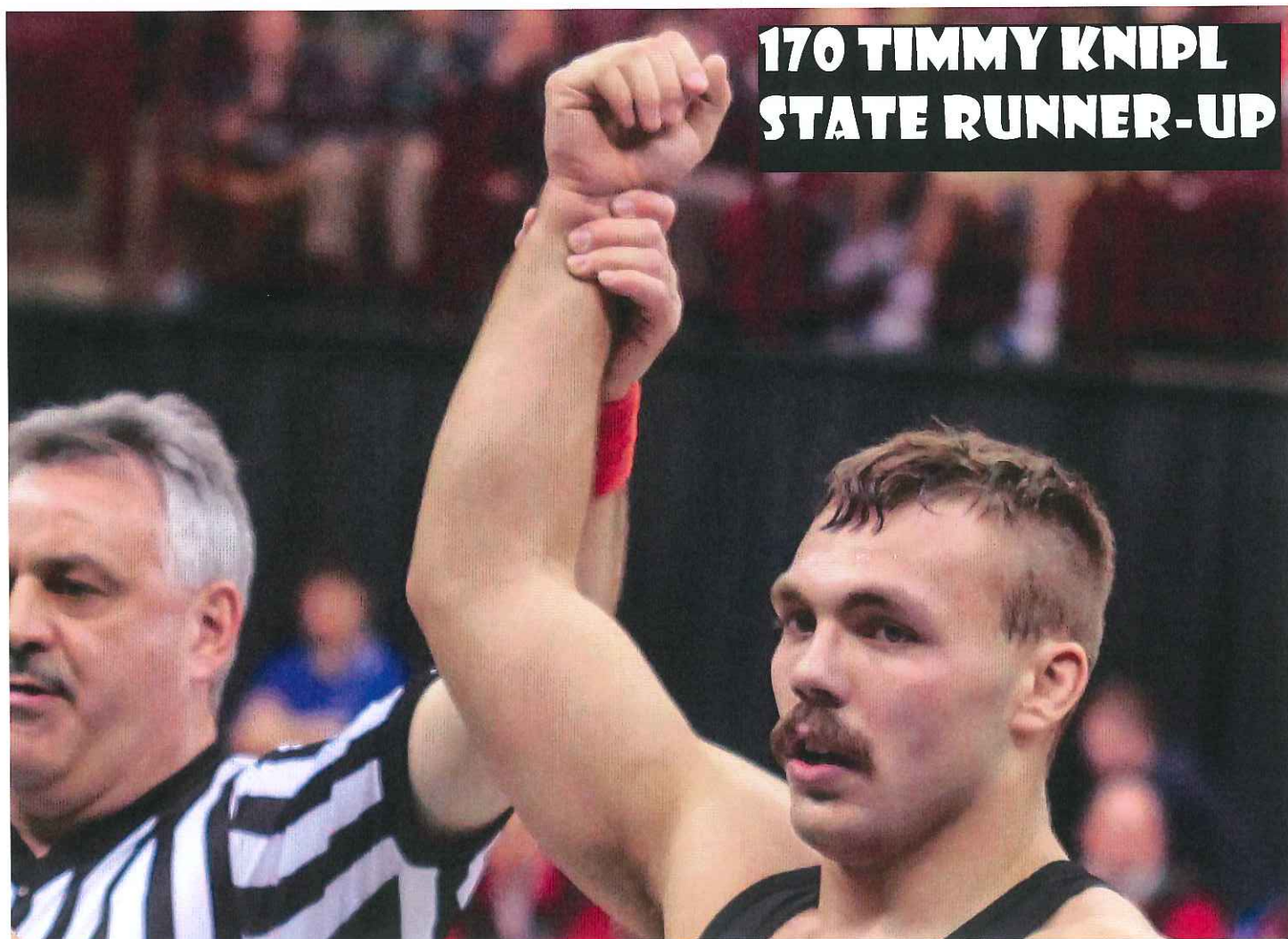
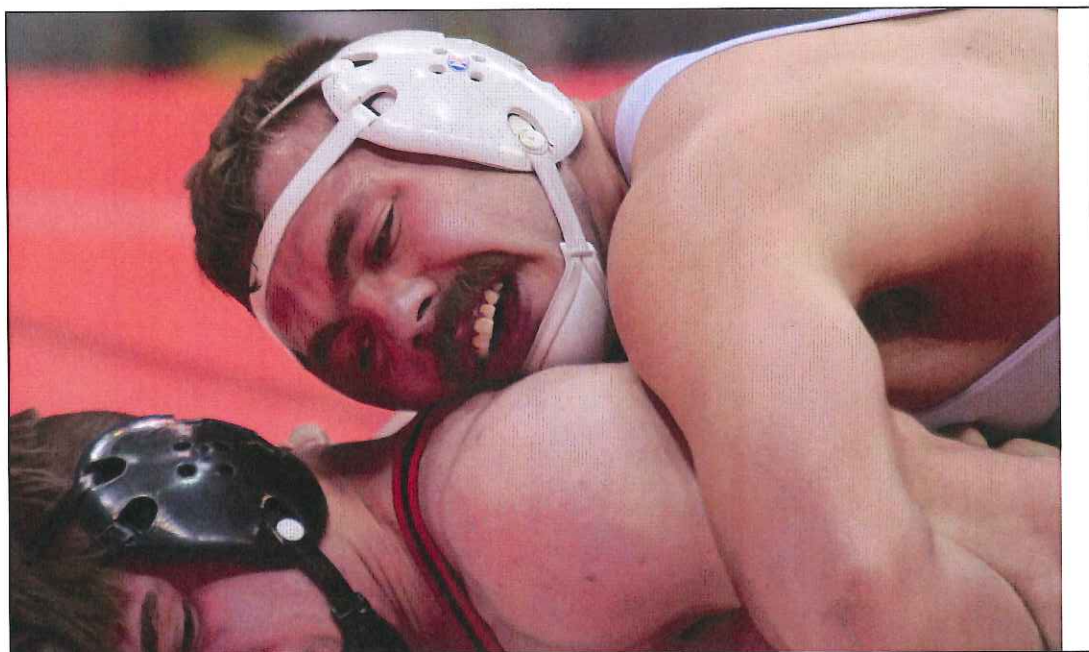
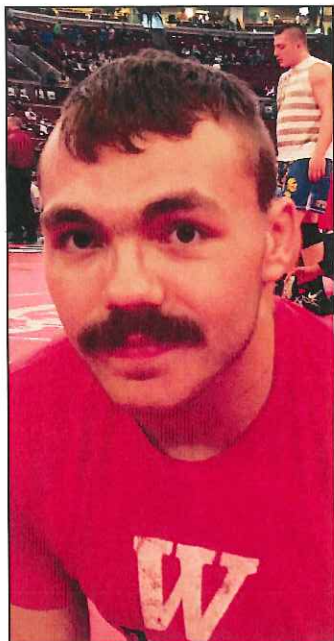
Row 2:

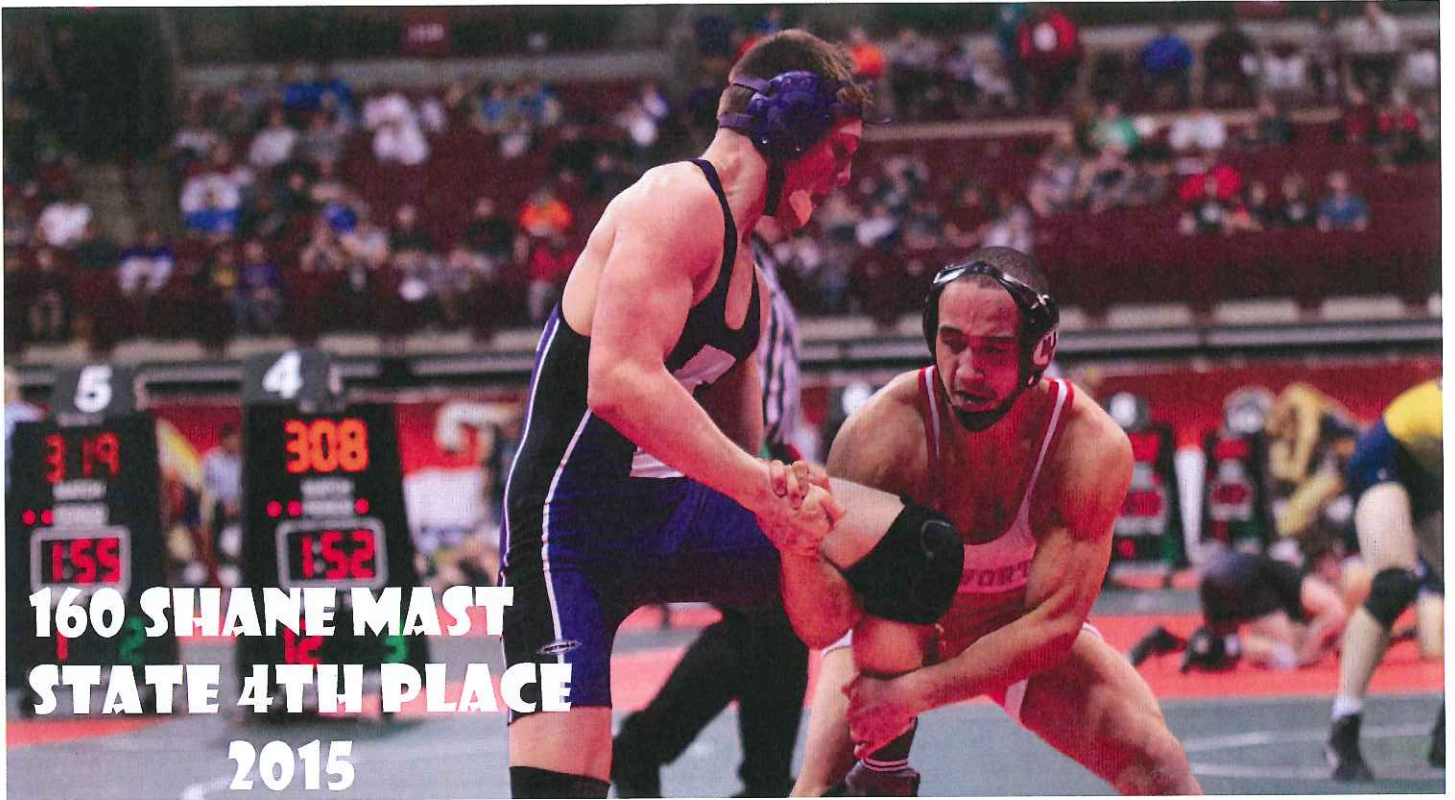
Miranda Watts, Shannon Jones, Kady Knotts-President, Libby O'Hara,
Lauren Knipl

Row 3: Mary Ruse- Advisor, Mary Datlenko, Sami Placek, Bailey Brandenburg,
Gabbie Rosenberger, Dawn Knotts- Advisor

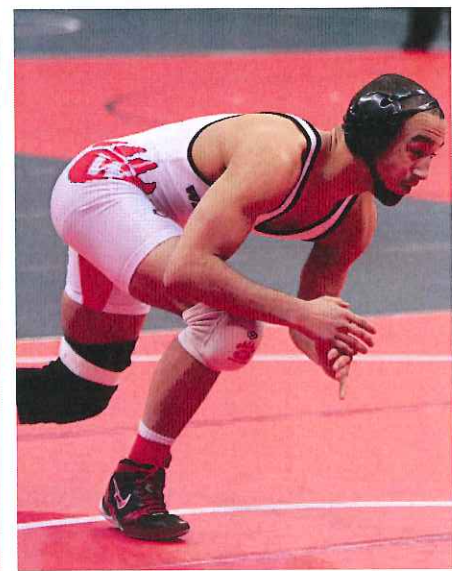
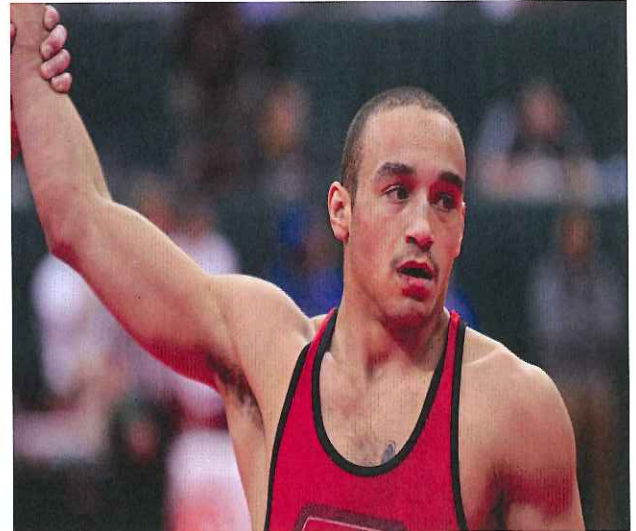
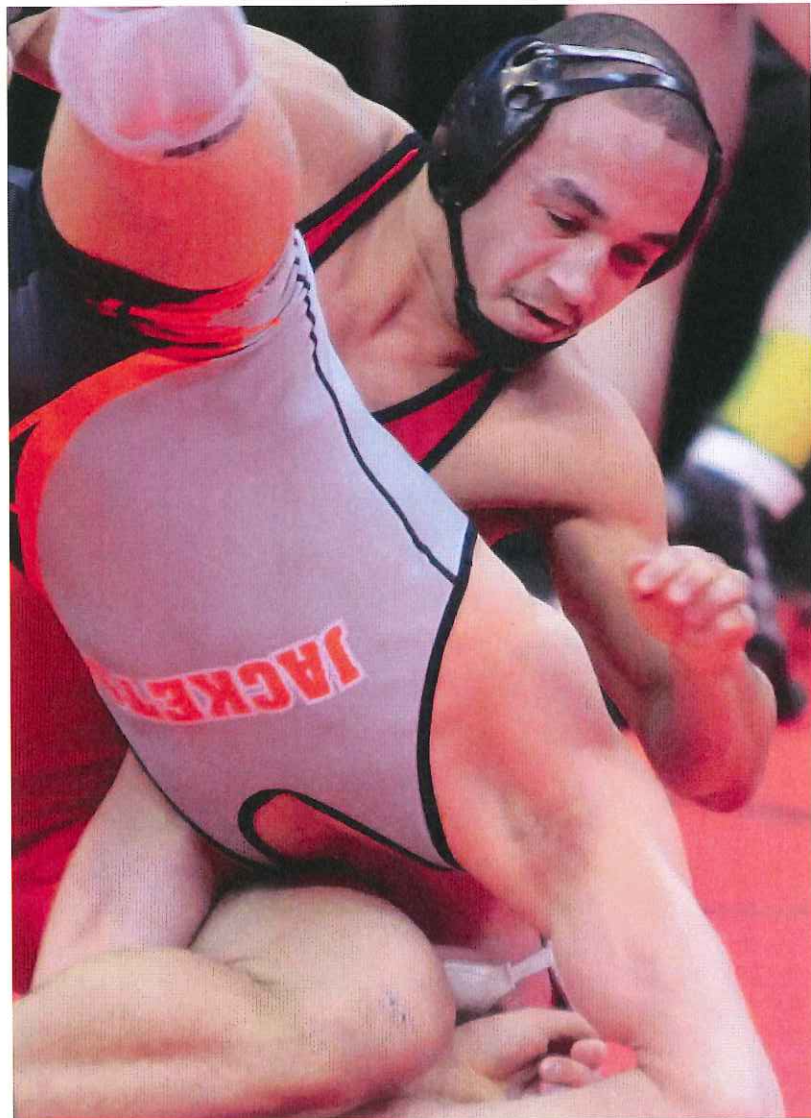
Congratulations!

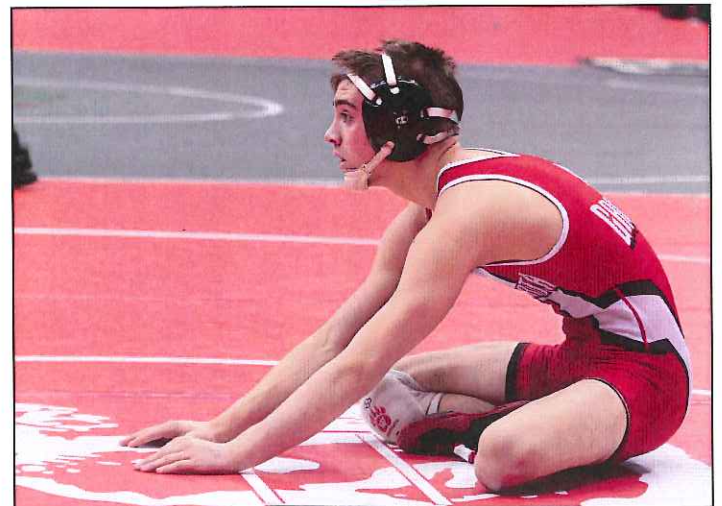
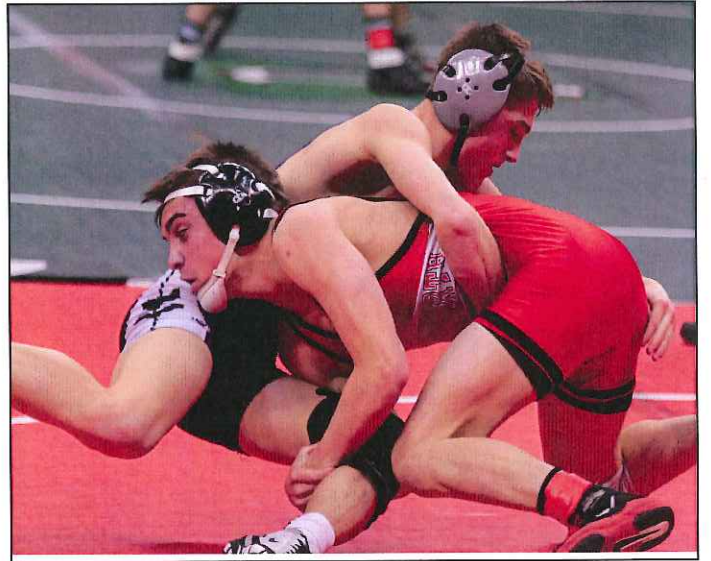
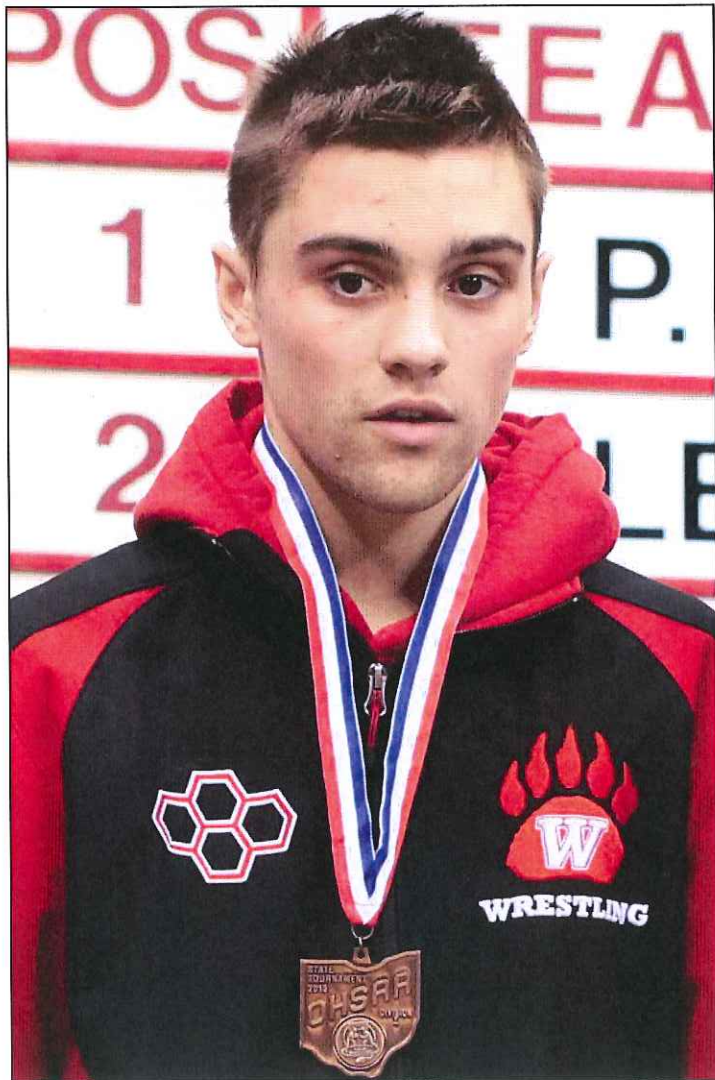
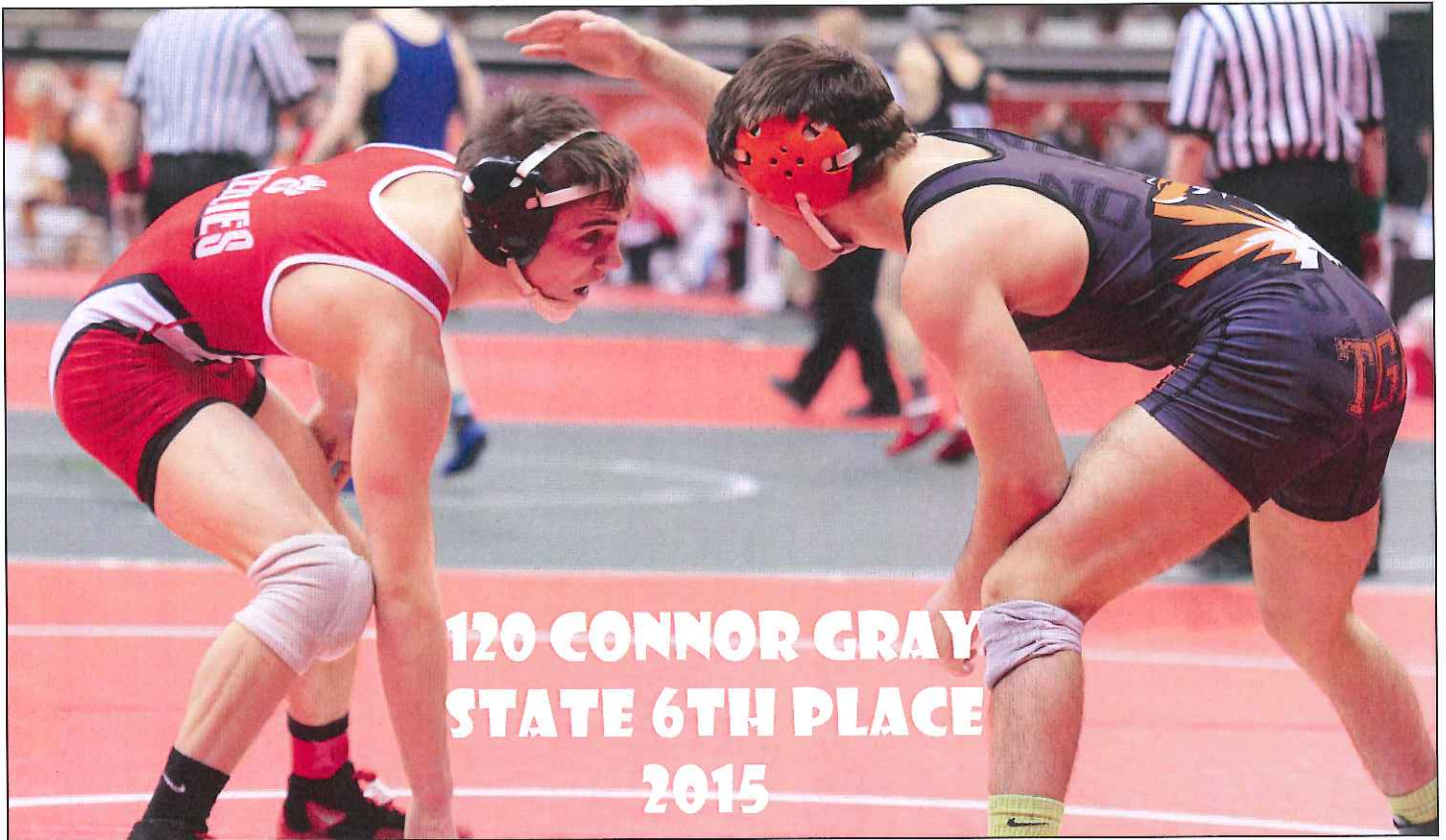
2015 STATE PLACERS



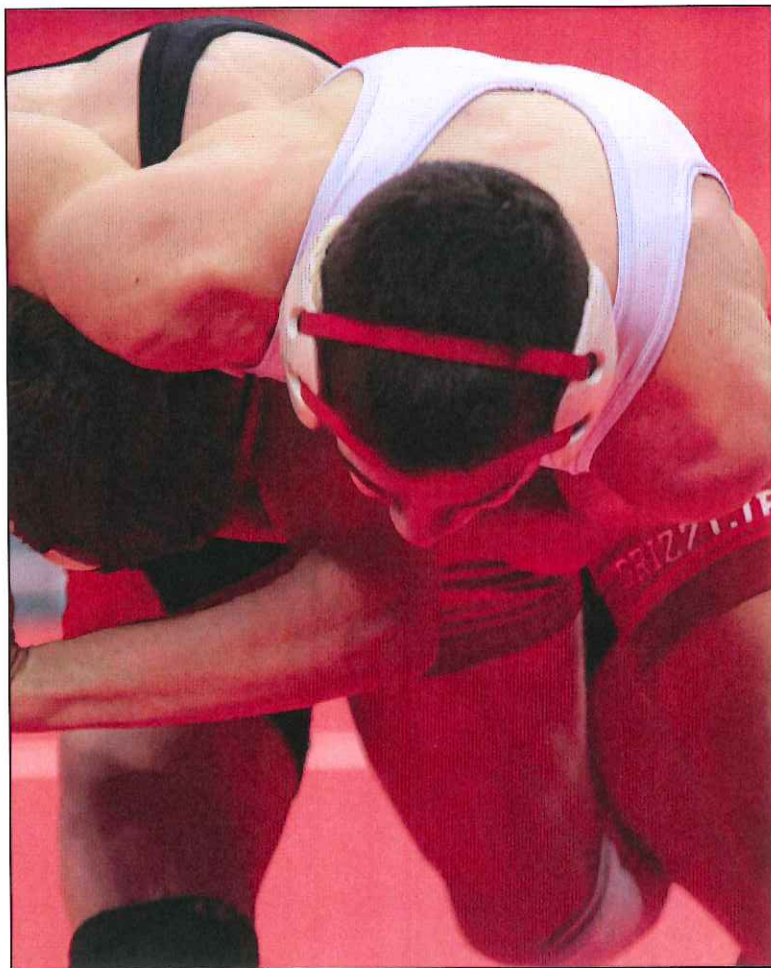
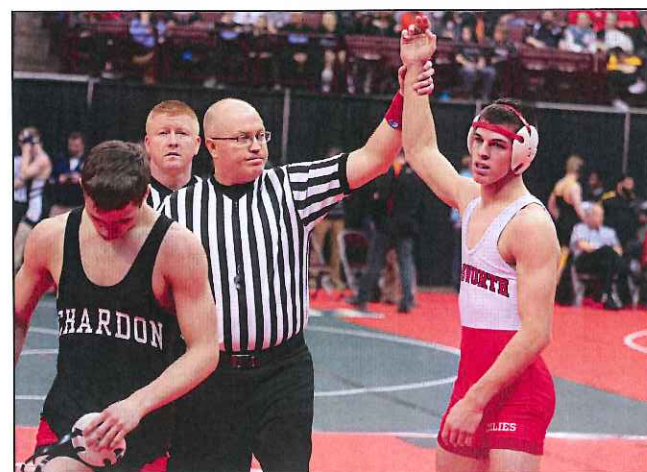
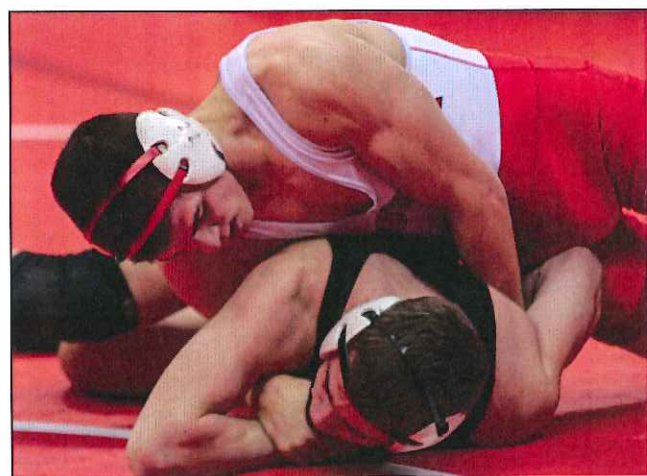
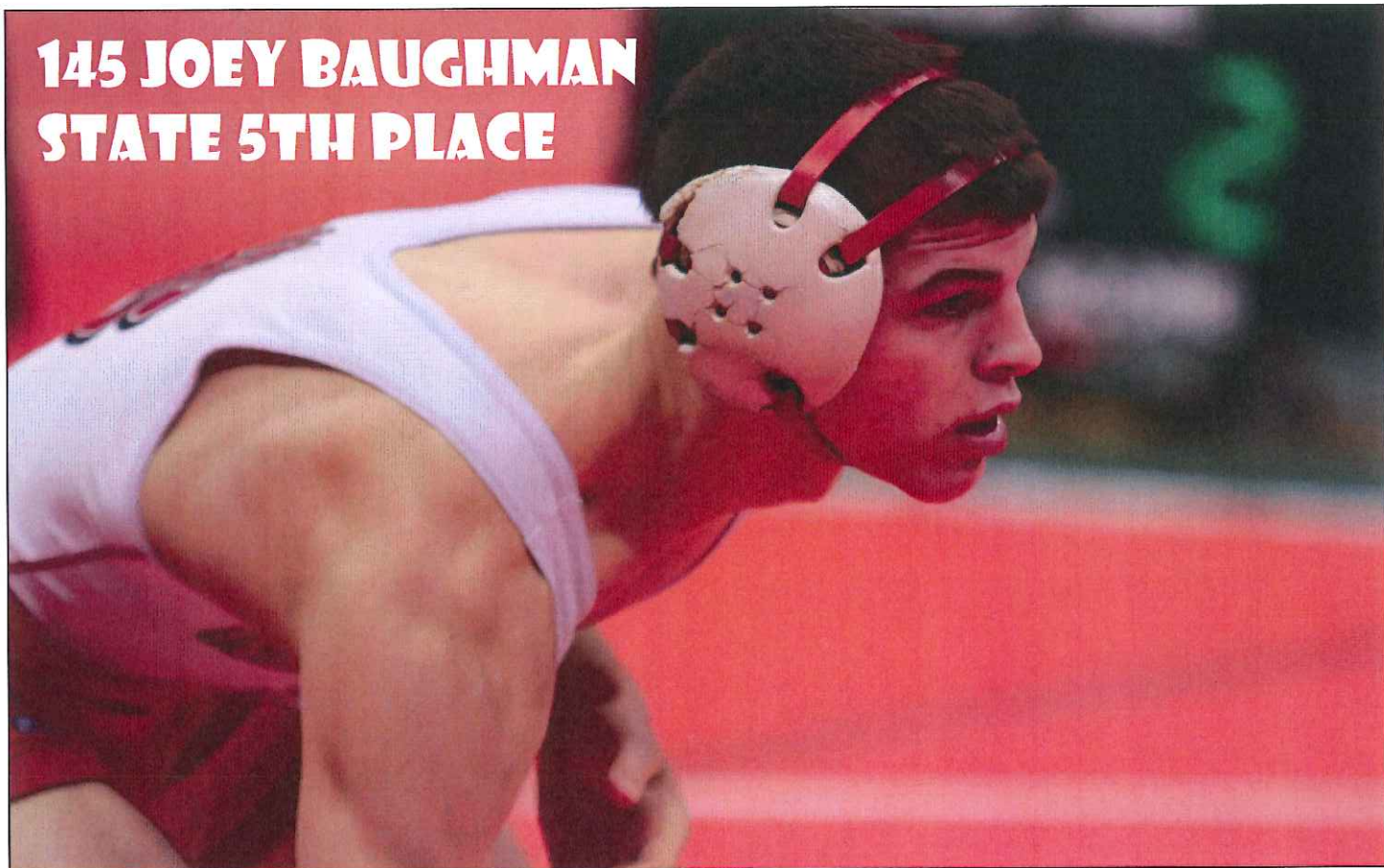


**160 SHANE MAST
STATE 4TH PLACE
2015**

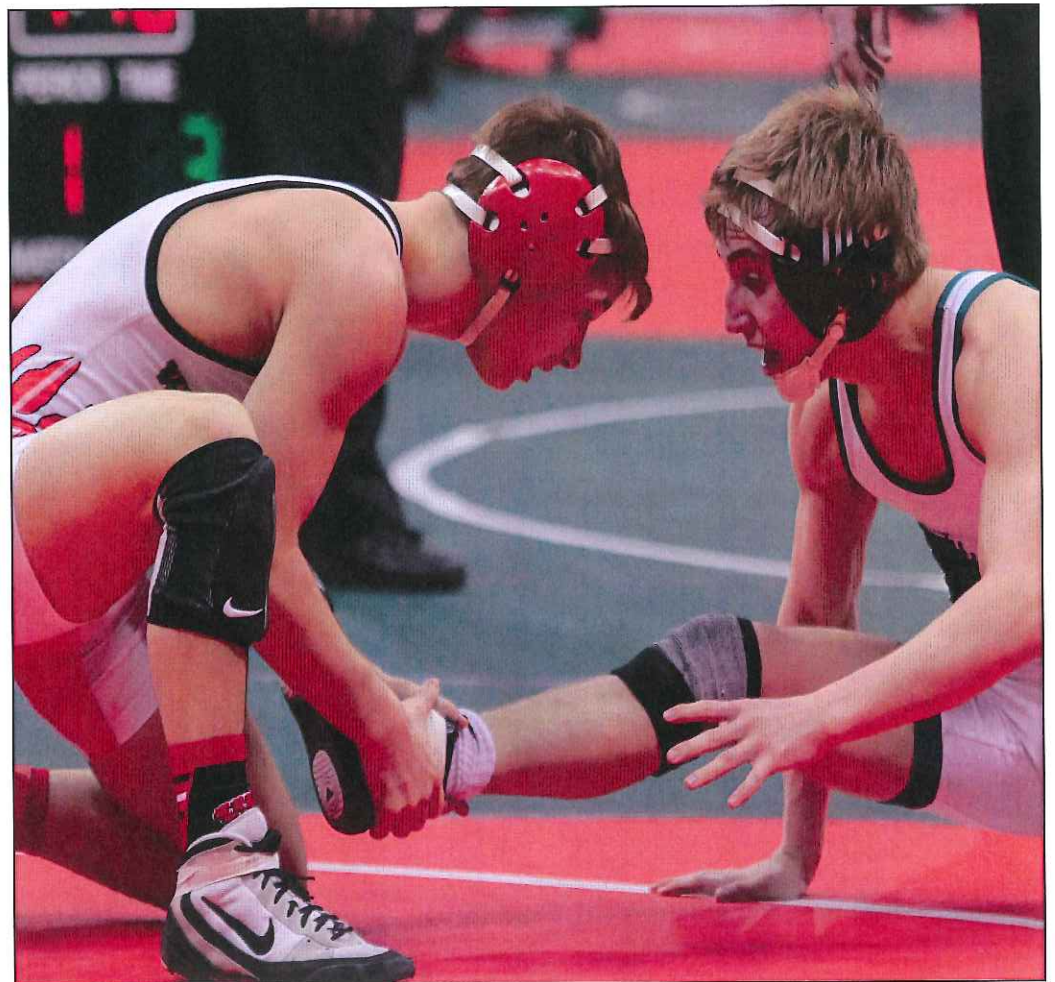


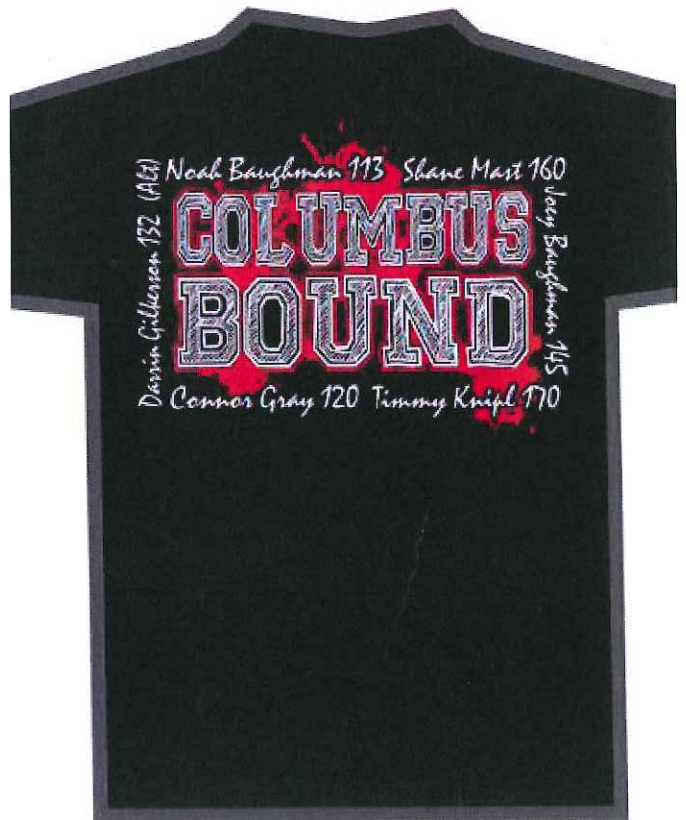


**145 JOEY BAUGHMAN
STATE 5TH PLACE**



**113 NOAH BAUGHMAN
STATE 3RD PLACE**





WADSWORTH HIGH SCHOOL WRESTLING STATISTICS
 VARSITY LEVEL
 AS OF 03/20/2015

WRESTLER NAME	WON	LOST	POINTS	
			FOR	AGAINST
TOMMY ANDREWS	15	13	51.00	15.00
BRANDON BAUGHMAN	10	8	26.00	7.00
JOEY BAUGHMAN	34	6	54.00	0.00
NOAH BAUGHMAN	43	4	78.00	0.00
HUNTER BLAZ	9	4	33.00	5.00
CONNER CLARK	3	4	0.00	0.00
MITCHELL FRISBY	20	18	33.00	15.00
DARRIN GILKERSON	23	10	13.00	12.00
EVAN GOEBEL	12	13	34.00	9.00
CONNOR GRAY	34	11	62.00	3.00
KYLE GREEN	20	16	39.00	14.00
BRANDON HALL	3	1	18.00	6.00
KOLE KEMPPPEL	0	1	0.00	6.00
TIM KNIPL	44	6	73.00	0.00
SHANE MAST	23	4	36.00	0.00
CLAY MCCOMAS	1	5	0.00	6.00
MATT MCMILLEN	6	2	17.00	0.00
BRANDON RANDOLPH	11	2	43.00	6.00
COREY RIGGENBACH	25	16	45.00	29.00
CHRIS SUAREZ	6	9	3.00	6.00
CODY SURRATT	32	10	66.00	3.00
BROCK SWARTZBAUGH	21	17	46.00	20.00
NICK TEKAUTZ	0	5	0.00	25.00

	T2	N3	N2	R2	E1	P1	TD	EE	N4
WADSWORTH HIGH SCHOOL	802	208	141	125	365	86	9	0	0
OPPONENTS	392	57	57	104	586	32	0	4	0

LEVEL	WON	LOST	RESULT	FOR	AGAINST	RESULT	FOR	AGAINST
VARSIITY	395	185	TEAM PTS.	770.00	187.00	MAJOR DECS	52	21
JUNIOR VARSITY	0	0	DECISIONS	132	109	FORFEITS	33	0
FRESHMAN	0	0	FALLS	133	35	DEFAULTS	4	13
VARSIITY B	0	0	TECH FALLS	41	7	DISQUAL.	0	0
SEASON RECORD	395	185						

WADSWORTH HIGH SCHOOL CATEGORY LEADER REPORT
 VARSITY LEVEL
 AS OF 04/07/2015

MOST TEAM POINTS

1.	NOAH BAUGHMAN	249.00
2.	TIM KNIPL	230.00
3.	CODY SURRATT	66.00
4.	CONNOR GRAY	62.00
5.	JOEY BAUGHMAN	54.00

MOST WINS

1.	TIM KNIPL	44
2.	NOAH BAUGHMAN	43
3.	JOEY BAUGHMAN	34
4.	CONNOR GRAY	34
5.	CODY SURRATT	32

MOST TAKEDOWNS

1.	NOAH BAUGHMAN	187
2.	TIM KNIPL	108
3.	CONNOR GRAY	90
4.	SHANE MAST	57
5.	JOEY BAUGHMAN	52

MOST DECISIONS

1.	CONNOR GRAY	17
2.	TIM KNIPL	14
3.	JOEY BAUGHMAN	12
4.	DARRIN GILKERSON	11
5.	SHANE MAST	11

MOST FALLS

1.	TIM KNIPL	19
2.	NOAH BAUGHMAN	13
3.	CODY SURRATT	12
4.	JOEY BAUGHMAN	11
5.	KYLE GREEN	10

MOST TECH FALLS

1.	NOAH BAUGHMAN	16
2.	CONNOR GRAY	7
3.	CODY SURRATT	5
4.	SHANE MAST	3
5.	COREY RIGGENBACH	3

MOST MAJOR DECS

1.	JOEY BAUGHMAN	8
2.	DARRIN GILKERSON	6
3.	TIM KNIPL	6
4.	NOAH BAUGHMAN	4
5.	MITCHELL FRISBY	4

MOST FORFEITS

1.	TOMMY ANDREWS	6
2.	TIM KNIPL	4
3.	BRANDON HALL	3
4.	COREY RIGGENBACH	3
5.	NOAH BAUGHMAN	2

MOST DEFAULTS

1.	JOEY BAUGHMAN	1
2.	NOAH BAUGHMAN	1
3.	MITCHELL FRISBY	1
4.	DARRIN GILKERSON	1
5.		

MOST DISQUAL.

1.		
2.		
3.		
4.		
5.		

MOST 3 PT NEAR FALLS

1.	NOAH BAUGHMAN	30
2.	CODY SURRATT	23
3.	JOEY BAUGHMAN	20
4.	DARRIN GILKERSON	19
5.	CONNOR GRAY	19

MOST 2 PT NEAR FALLS

1.	CODY SURRATT	20
2.	NOAH BAUGHMAN	16
3.	JOEY BAUGHMAN	15
4.	CONNOR GRAY	15
5.	COREY RIGGENBACH	13

MOST REVERSALS

1.	JOEY BAUGHMAN	20
2.	DARRIN GILKERSON	14
3.	MITCHELL FRISBY	11
4.	SHANE MAST	10
5.	TIM KNIPL	9

MOST ESCAPES

1.	KYLE GREEN	34
2.	TIM KNIPL	33
3.	CONNOR GRAY	30
4.	DARRIN GILKERSON	28
5.	CODY SURRATT	28

MOST PENALTY POINTS

1.	JOEY BAUGHMAN	11
2.	KYLE GREEN	10
3.	TIM KNIPL	7
4.	BROCK SWARTZBAUGH	7
5.	TOMMY ANDREWS	6

MOST EXTRA TAKEDOWNS

1.	NOAH BAUGHMAN	9
2.		
3.		
4.		
5.		

MOST EXTRA ESCAPES

1.		
2.		
3.		
4.		
5.		

MOST N4

1.		
2.		
3.		
4.		
5.		

TOP BOARD LEADERS:

40+Wins:

**TIM KNIPL 44
NOAH BAUGHMAN 43**

30+Wins

**JOEY BAUGHMAN 34
CONNOR GRAY 34
MATT MCMILLEN 32
CODY SURRATT 32**

**SHANE MAST 28, DARRIN GILKERSON 27,
COREY RIGGENBACH 25, , BRANDON RANDOLPH 22,
BROCK SWARTZBAUGH 21, HUNTER BLAZ 21,
CONNER CLARK 20, KYLE GREEN 20, MITCH FRISBY 20,**

FIRST YEAR LETTERMEN: 10

**QUENTIN GRIFFITH
CONNER CLARK
CAMERON RIGGENBACH
RYAN ORR
JOEY BAUGHMAN
DREW BLANKENSHIP
JORDAN EARNEST
HUNTER BLAZ
CLAY MCCOMAS
CHRIS SUAREZ**

FOURTH YEAR LETTERMAN: 4

**CONNOR GRAY
MITCHELL FRISBY
SHANE MAST
COREY RIGGENBACH
TIM KNIPL**

SECOND YEAR LETTERMAN: 8

**TOMMY ANDREWS
EVAN GOEBEL
KYLE GREEN
ALEX JONES
KOLE KEMPEL
MATT MCMILLEN
BRANDON RANDOLPH
CODY SURRATT**

VARSIY LETTERMAN CRITERIA:

- **8 varsity wins=No forfeits /no defaults**
- **15 matches =participation including above**
- **Senior wrestler/Coaches Award**
- **Coaches discretion: injury; effort etc.**

THIRD YEAR LETTERMAN: 5

**BRANDON BAUGHMAN
NOAH BAUGHMAN
DARRIN GILKERSON
BROCK SWARTZBAUGH**

TEAM CAPTAINS

NOAH BAUGHMAN, CONNOR GRAY, TIM KNIPL

TOP BOARD LEADERS:

MOST TEAM POINTS:	249	NOAH BAUGHMAN
MOST TAKEDOWNS:	187	NOAH BAUGHMAN
MOST WINS:	44	TIMMY KNIPL
MOST DECISIONS:	17	CONNOR GRAY
MOST FALLS:	19	TIMMY KNIPL
MOST TECH FALLS:	16	NOAH BAUGHMAN
MOST MAJORS DECISIONS:	8	JOEY BAUGHMAN
MOST NEARFALL 3 PTS:	30	NOAH BAUGHMAN
MOST NEARFALL 2 PTS:	20	CODY SURRETT
MOST REVERSALS:	20	JOEY BAUGHMAN
MOST ESCAPES:	34	KYLE GREEN
MOST PENALTY POINTS:	11	JOEY BAUGHMAN
FASTEST PIN RECORD :	0:15	BROCK SWARTZBAUGH CHRIS SUAREZ

*** WHS WRESTLING SEASON RECORD**

WADSWORTH WRESTLING
2014-2015 VARSITY A & B
SEASON & INDIVIDUAL TOURNAMENT STANDINGS

106 BROCK SWARTZBAUGH 21-17 2nd Year
GIT- 3RD PLACE
SUBURBAN LEAGUE RUNNERUP
SECTIONAL 4TH PLACE
DISTRICT QUALIFIER

106 QUENTIN GRIFFITH 11-10 1st Year

113/120 NOAH BAUGHMAN 47-3 3rd Year
NORTH CANTON- 3RD PLACE
MEDINA INVITATIONAL- CHAMPION
GIT- 1ST PLACE
SUBURBAN LEAGUE CHAMPION
SECTIONAL CHAMPION
DISTRICT CHAMPION
STATE 3RD PLACE

113 BRANDON RANDOLPH 22-4 2nd Year
MASSILLON TIGERTOWN-CHAMPION
GIT- 4TH PLACE
SUBURBAN LEAGUE CHAMPION

113 MATT MCMILLIAN 34-11 2nd Year
MASSILLON TIGERTOWN-3RD PLACE

120 CONNOR GRAY 34-11 4th year
MEDINA INVITATIONAL- 8TH PLACE
GIT- RUNNERUP
SUBURBAN LEAGUE- CHAMPION
SECTIONAL-CHAMPION
DISTRICT 3RD PLACE
STATE-6TH PLACE

126/132 COREY RIGGENBACH 23-8 4th year
SUBURBAN LEAGUE- CHAMPION
GIT- 4TH PLACE
SECTIONAL-5TH PLACE
DISTRICT ALTERNATE

132/138 DARRIN GILKERSON 27-11 3rd year
NORTH CANTON-5th PLACE
MASSILLON TIGERTOWN-3RD PLACE
GIT- 5TH PLACE
SUBURBAN LEAGUE RUNNERUP
SECTIONALS- 3RD PLACE
DISTRICT-5th PLACE
STATE ALTERNATE

132 CONNER CLARK 20-7 1st year
MASSILLON TIGERTOWN-3RD PLACE

132 CAMERON RIGGENBACH 14-11 1st year
MASSILLON TIGERTOWN-4TH PLACE
GIT- 4TH PLACE

138 CODY SURRATT 32-10 2nd year
NORTH CANTON- 4TH PLACE
MEDINA INVITATIONAL- 6TH PLACE
GIT- RUNNERUP
SUBURBAN LEAGUE CHAMPION
SECTIONAL 3RD PLACE
DISTRICT QUALIFIER

138 BRANDON BAUGHMAN 19-9 3rd year
MASSILLON TIGERTOWN-CHAMPION
GIT- 5TH PLACE

138 RYAN ORR 13-9 1st year

145 KOLE KEMPELL 17-12 2nd year
MASSILLON TIGERTOWN-RUNNERUP
GIT-4TH PLACE

145 JOEY BAUGHMAN 34-6 1st year
NORTH CANTON-2ND PLACE
GIT- 5TH PLACE
SUBURBAN LEAGUE-CHAMPION
SECTIONAL-CHAMPION
DISTRICT- 1ST PLACE
STATE-5TH PLACE

152/160 MITCH FRISBY 20-18 4th year
MEDINA INVITATIONAL- 8TH PLACE
SUBURBAN LEAGUE- 4TH PLACE
SECTIONALS-5TH PLACE
DISTRICT ALTERNATE

152 DREW BLANKENSHIP 8-12 1st year

INDIVIDUAL TOURNAMENT STANDINGS

160/170 **SHANE MAST 28-4** 4th year
MASSILLON TIGERTOWN-CHAMPION
GIT- 2nd PLACE
SUBURBAN LEAGUE- CHAMPION
SECTIONALS-2ND PLACE
DISTRICT 1st PLACE
STATE 4TH PLACE

160 **JORDAN EARNEST 16-11** 1st year
MASSILLON TIGERTOWN-RUNNERUP

170 **HUNTER BLAZ 21-9** 1st year
GIT- 8th PLACE

170 **ALEX JONES** 2nd year
INJURED

170/182 **TIM KNIPL 44-6** 4th year
NORTH CANTON- CHAMPION
MEDINA INVITATIONAL- 3rd PLACE
GIT- 2nd PLACE
SUBURBAN LEAGUE CHAMPION
SECTIONAL CHAMPION
DISTRICT RUNNERUP
STATE- RUNNERUP

182/195 **EVAN GOEBEL 12-10** 2nd year
SUBURBAN LEAGUE- RUNNERUP
SECTIONAL-4TH PLACE
DISTRICT QUALIFIER

182 **CLAY MCCOMAS 17-15** 1st year
MASSILLON TIGERTOWN-3RD PLACE

195 **CHRIS SUAREZ 16-12** 1st year
SECTIONAL-3RD PLACE
DISTRICT QUALIFIER

220 **KYLE GREEN 20-16** 2nd year
GIT- 5TH PLACE
SUBURBAN LEAGUE- RUNNERUP
SECTIONAL-3RD PLACE
DISTRICT 6TH PLACE

285 **TOM ANDREWS 15-13** 2nd year
GIT- 4TH PLACE
SUBURBAN LEAGUE- 4TH PLACE

SCHOLAR ATHLETE AWARDS

WINTER – 2014-15

BOYS BASKETBALL

BENJAMIN BINGHAM
REID BLACK
GRAHAM BLIND
SEAN CORP
MICHAEL CALLOW
TYLER CAUDILL
CAMERON DEEMER
JOSEPH FERNHOLZ
DAVID GRIFFIN
DAVID HARDY
TYSON HEIDEMAN
JOEY JOHNSON
JACOB JUSTICE
JOEL KIPFER
KYLE LARJ
DEREK LUCAS
LUCAS MILLS
CONNOR MONTGOMERY
JOSIAH SOVINE
GABRIEL SZALAY
PAUL THEDERS
DANIEL WEINERMAN

GIRLS BASKETBALL

HANNAH ADDIS
CAMDYN BRADY
SYDNEY BOWERS
OLIVIA CHANEY
ALEXA CONLEY
EMILY DENNISON
MIKAELA FLATH
SOPHIA FORTNER
KATIE HIBINGER
JENNA JOHNSON
JODI JOHNSON
EMILY KURNOT
PAIGE LEPLEY
HAILEY MONTGOMERY
MADILYN MOVSESIAN
BRENNAN MURPHY
ERIN MURPHY
MOLLY PALECEK
LAUREL PALITTO
KAILE PAPPAS
JENNA PETERS

HAILEE PICKERING

MAGGIE SONNTAG
ASHLEY TITTLE
AUBREY VIRGIN

SWIMMING

STEVEN BAUGHMAN
JAKE BRAUMBAUGH
BRODY BRANDYBERRY
MACIE CARMEL
DILLON CROSKEY
ADAM DARWICH
HANNAH EKERS
BRYANNA FRIEDT
SARAH GAIRING
ALINA HEYWARD
BRITANY KITTLE
NICHOLAS LAHMANN
BRIANNA LEATHERMAN
CAROLYN LEE
ANTHONY LOPARO
AUSTEN MANIX
RACHEL MIERZEJEWSKI
RUTH MIERZEJEWSKI
JUSTIN PALITTO
JOSEPH PAVLAK
SARAH ROE
SHAWN TITTLE
WILLIAM TITTLE
AMANDA TOOLIS
HANNAH TOOLIS
HALEY WITSCHY
STACY WITSCHY
ABIGAIL ZEMBAS
JOSHUA ZEMBAS

BOWLING

BRIAN AUFFENBERG
ANDREA HUNT
MICHAEL LALLATHIN
HALEY LEE
PAMELA MARTINEZ
ASHLEY ROGERS
MEGAN STEVENS
ASHLEY ZAKIKIAN

CHEERLEADING

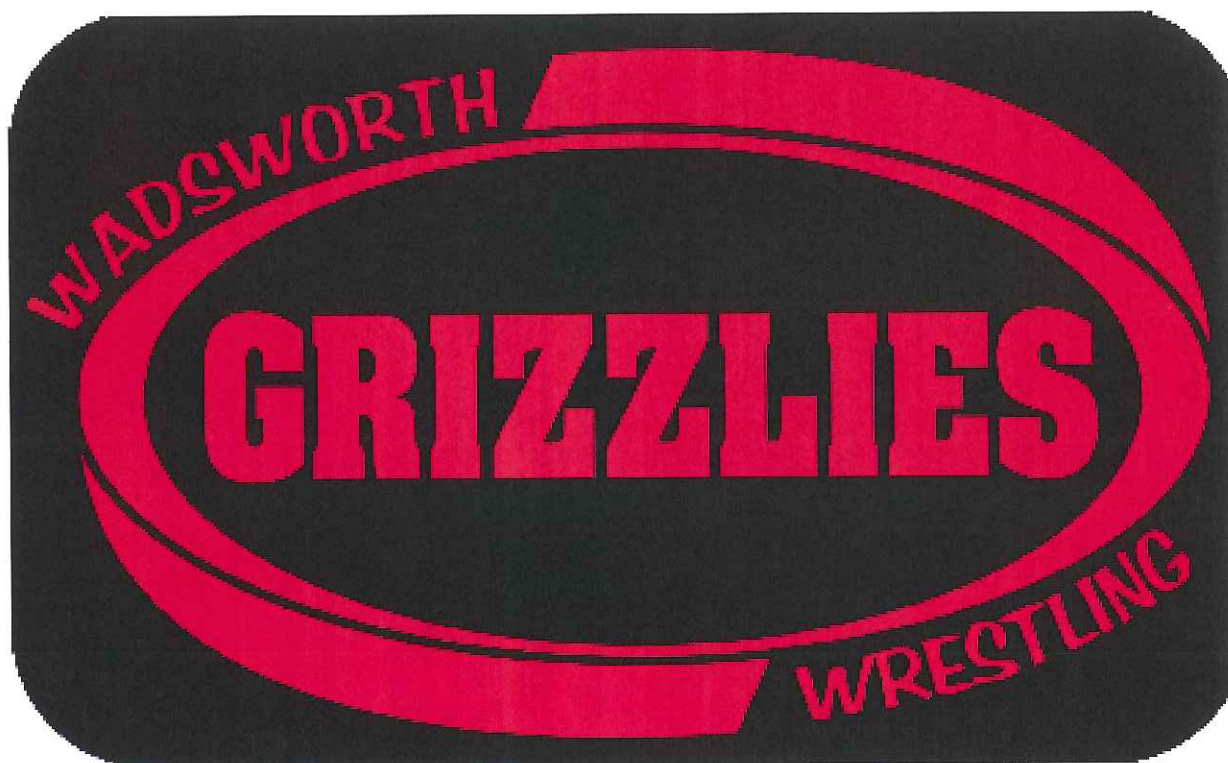
ALYSSA ARBOGAST
KATERINA BAKER
ABBIE BLANKENSHIP
REGAN BURRIDGE
ALEXIS CLARK
ERYN ESHELMAN
ELIZABETH FRANKS
KAELYN HARWICK
BAYLEY LABUS
JODAN MIKSCH
CORIN MOORE
HANNAH SMITH
REGAN SZALAY
GRACE THOMPSON
AMANDA TOOLIS
JAMI TOTH
KAELYN TUROCY
KATELYN ZEITZ

WRESTLING

ANDREW BLANKENSHIP
NOAH BAUGHMAN
CONNER CLARK
AHMED DARWICH
DEREK DUNN
MITCHELL FRISBY
DARRIN GILKERSON
EVAN GOEBEL
CONNOR GRAY
LAUREN KNIPL
TYLER MAXWELL
MATTHEW McMILLEN
BRANDON RANDOLPH
COREY RIGGENBACH
CHRISTAFER SUAREZ
CODY SURRATT

GYMNASTICS

CALLIE ALMES
CHARLOTTE BATES
HANNAH DAULBAUGH
ALEX MANGANO
GABRIELLE RUFF
GUENIVERE STARLING



2014-2015
Varsity B/
JV/Freshman

Varsity B Record Form:

Letterwinners: 8 wins or 15 matches without forfeits *Senior/Coaches Award/Discretion

Varsity B Tournaments: Ashland Duals Marlington Duals, North Canton Holiday,
Meadowbrook Duals, Waterloo Duals, Grizzly Invitational, Tigertown Tournament

Name	Weight	Grade	Varsity B Record	Varsity A Record	Total Varsity Letter Record	# of Forfeits
QUENTIN GRIFFIN	106	9	11-10		6-10	5
MATT MCMILLEN	113	10	26-5	6-2	25-7	7
BRANDON RANDOLPH	113	10	11-2	11-2	20-4	2
CAMERON RIGGENBAC	120	9	18-11		14-11	4
CONNER CLARK	132	10	17-3	3-4	19-7	1
DEREK DUNN	132	10	2-3		0-3	2
JAKE KISOR	132	11	7-4		4-4	3
DARRIN GILKERSON	132	11	4-1	23-10	27-11	0
RYAN ORR	138	10	13-9		11-9	2
BRANDON BAUGHMAN	145	11	9-1	10-8	19-9	0
KOLE KEMPEL	145	10	17-11	0-1	13-12	4
DREW BLANKENSHIP	152	10	8-12		6-12	2
TYLER SCHLEIGH	152	10	4-3		3-3	1
JORDAN EARNEST	160	9	16-11		14-11	2
SHANE MAST	160	12	5-0	23-4	28-4	0
HUNTER BLAZ	170	9	12-5	9-4	20-9	1
NICK PALECEK	170	11	4-6		2-6	2
KYLE HALL	182	11	2-0		0-0	2
CLAY MCCOMAS	182	9	16-10	1-5	15-15	2
CODY SMITH	182	11	4-5		2-5	2
CHRIS SUAREZ	195	9	10-3	6-9	14-12	2
BRANDON HALL	220	11	8-6	3-1	6-7	5
CHASE NEFFINGER	220	9	1-6		0-6	1
NATE BARNETT	285	9	6-11		1-11	5

Varsity B

Overall 14-8

ASHLAND DUALS 2-2 4TH PLACE

Win - Ellet 54-15
Loss - Northwestern 51-23
Loss - Wellington 40-33
Win - Lakeside 56-28

MARLINGTON DUALS 4-4 5TH PLACE

Loss - Steubenville 59 - 6
Loss - Marlinton 38 - 22
Win - Timkin 42-30
Win - Glen Oak 79 - 6
Win - Hubbard 66 - 24
Loss - Tuslaw 49 - 16
Win - Northwest 37 - 32
Loss - Perry 46 - 28

MEADOWBROOK DUALS 3-2 3RD PLACE

Win - Martins Ferry 46-23
Win - Warren 60-21
Loss - Dover 30-31
Loss - Waynesburg 18-53
Win - Meadowbrook 49-26

WATERLOO DUALS 5-0 1ST PLACE

Wadsworth 44 Waterloo 18
Wadsworth 66 Buchtel 12
Wadsworth 45 Newbury 22
Wadsworth 52 Twinsburg 24
Wadsworth 43 Hudson 24

MASSILON TOURNAMENT 2ND PLACE

113: Brandon Randolph Champion
120: Matt McMillen 3rd place
120: Cameron Riggerbach 4th place
132: Conner Clark 3rd place
138: Darrin Gilkerson 3rd place
145: Brandon Baughman Champion
152: Kole Kempel 2nd place
160: Jordan Earnest 2nd place
170: Shane Mast Champion
182: Clay McComas 3rd place

GIT 16TH PLACE

113 Brandon Randolph 4th
120 Cameron Riggerbach 4th
138 Brandon Baughman 5th
145 Kole Kempel 4th
170 Hunter Blaz 8th
182 Clay McComas 8th

WADSWORTH HIGH SCHOOL WRESTLING STATISTICS

VARSITY B LEVEL

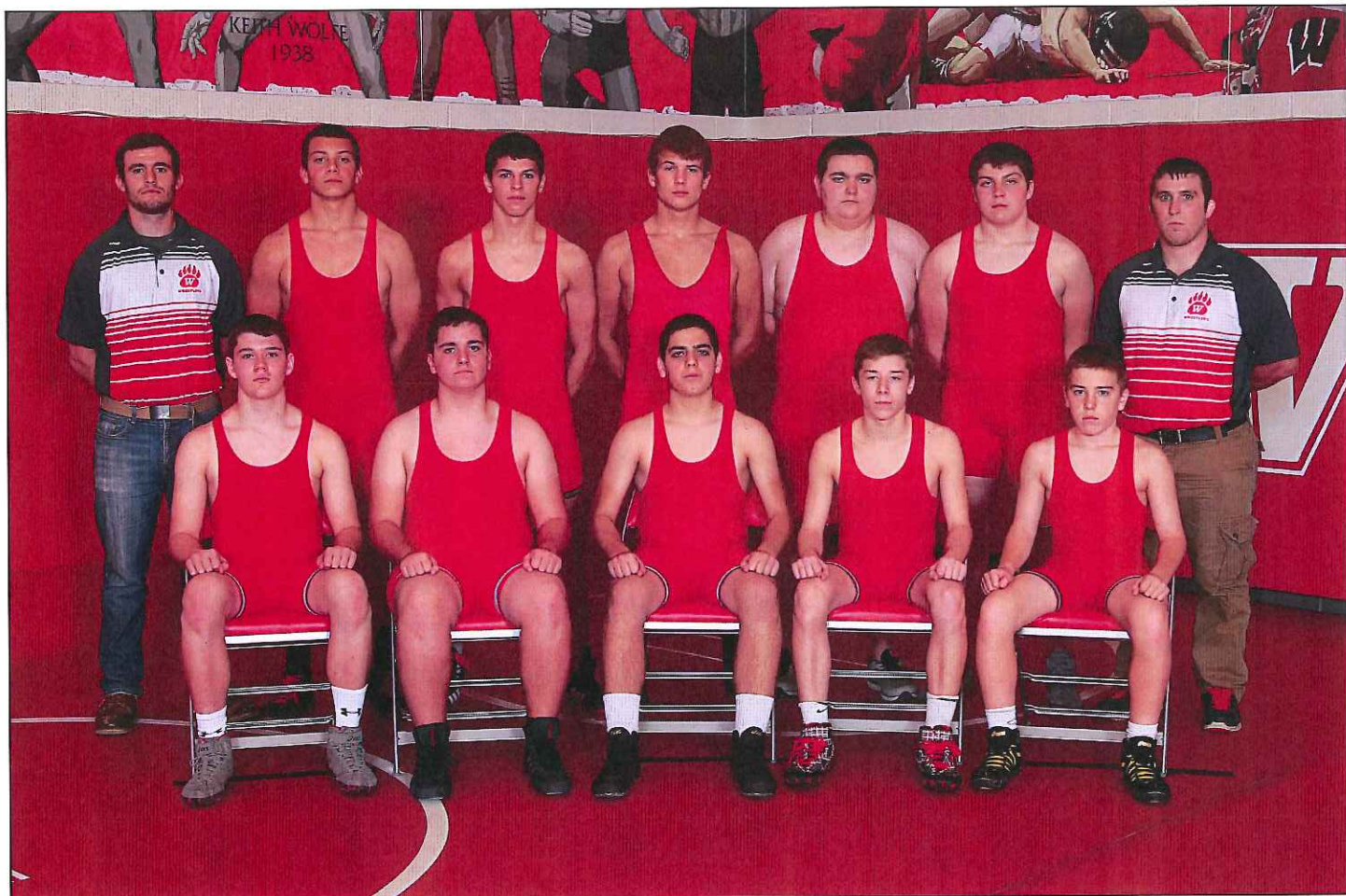
AS OF 03/27/2015

WRESTLER NAME	WON	LOST	POINTS FOR	POINTS AGAINST
NATE BARNETT	6	11	36.00	63.00
BRANDON BAUGHMAN	9	1	0.00	0.00
DREW BLANKENSHIP	8	12	33.00	56.00
HUNTER BLAZ	12	5	47.00	13.00
CONNER CLARK	17	3	51.00	3.00
DEREK DUNN	2	3	12.00	18.00
JORDAN EARNEST	16	11	63.00	43.00
DARRIN GILKERSON	4	1	0.00	0.00
QUENTIN GRIFFIN	11	10	61.00	26.00
BRANDON HALL	8	6	30.00	16.00
KYLE HALL	2	0	12.00	0.00
KOLE KEMPEL	17	11	49.00	37.00
JAKE KISOR	7	4	39.00	18.00
SHANE MAST	5	0	0.00	0.00
CLAY MCCOMAS	16	10	57.00	39.00
MATT MCMILLEN	26	5	98.00	6.00
CHASE NEFFENGER	1	6	6.00	36.00
RYAN ORR	13	9	55.00	27.00
NICK PALECEK	4	6	24.00	31.00
BRANDON RANDOLPH	11	2	24.00	0.00
CAMERON RIGGENBACH	18	11	72.00	25.00
TYLER SCHLEIGH	4	3	19.00	12.00
CODY SMITH	4	5	24.00	27.00
CHRIS SUAREZ	10	3	51.00	17.00

	T2	N3	N2	R2	E1	P1	TD	EE	N4
WADSWORTH HIGH SCHOOL	306	85	62	85	210	36	0	0	0
OPPONENTS	296	64	51	88	162	26	0	0	1

LEVEL	WON	LOST	RESULT	FOR	AGAINST	RESULT	FOR	AGAINST
Varsity	0	0	TEAM PTS.	863.00	513.00	MAJOR DECS	20	16
JUNIOR Varsity	0	0	DECISIONS	53	48	FORFEITS	57	1
FRESHMAN	0	0	FALLS	93	62	DEFAULTS	2	2
Varsity B	231	138	TECH FALLS	5	9	DISQUAL.	1	0
SEASON RECORD	231	138						

FRESHMAN WRESTLING



2014-2015

Left to Right Front Row 1: Jordan Earnest, Chase Neffenger, Ahmed Darwich, Cameron Riggerbach, Quentin Griffin

Row 2: Coach Dom Owens, Chris Suarez, Joey Baughman, Nathaniel Davis, Nate Barnett, Clay McComas, Coach Brad Squire

WADSWORTH HIGH SCHOOL WRESTLING STATISTICS
 JUNIOR VARSITY LEVEL
 AS OF 03/27/2015

WRESTLER NAME	WON	LOST	POINTS	
			FOR	AGAINST
NATE BARNETT	1	7	0.00	0.00
DREW BLANKENSHIP	18	2	0.00	0.00
HUNTER BLAZ	8	0	0.00	0.00
CONNER CLARK	3	0	0.00	0.00
AHMAD DARWICH	6	9	0.00	0.00
NATHANIEL DAVIS	4	3	0.00	0.00
DEREK DUNN	6	8	0.00	0.00
JORDAN EARNEST	11	2	0.00	0.00
QUENTIN GRIFFIN	11	6	6.00	19.00
BRANDON HALL	3	0	0.00	0.00
CHRISTIAN HALL	0	2	0.00	0.00
KYLE HALL	4	18	0.00	6.00
KOLE KEMPPPEL	7	0	0.00	0.00
JAKE KISOR	6	4	0.00	0.00
CLAY MCCOMAS	1	2	0.00	0.00
MATT MCMILLEN	2	0	0.00	0.00
CHASE NEFFENGER	5	9	0.00	0.00
RYAN ORR	9	0	0.00	0.00
NICK PALECEK	5	4	0.00	0.00
BRANDON RANDOLPH	1	0	6.00	0.00
CAMERON RIGGENBACH	9	0	0.00	0.00
TYLER SCHLEIGH	11	2	0.00	0.00
CODY SMITH	3	6	0.00	0.00
CHRIS SUAREZ	1	0	0.00	0.00

	T2	N3	N2	R2	E1	P1	TD	EE	N4
WADSWORTH HIGH SCHOOL	194	56	34	66	70	16	0	0	0
OPPONENTS	130	30	12	54	94	18	0	0	0

LEVEL	WON	LOST	RESULT	FOR	AGAINST	RESULT	FOR	AGAINST
VARSAITY	0	0	TEAM PTS.	12.00	25.00	MAJOR DECS	13	5
JUNIOR VARSITY	135	84	DECISIONS	50	24	FORFEITS	2	0
FRESHMAN	0	0	FALLS	65	54	DEFAULTS	1	0
VARSAITY B	0	0	TECH FALLS	4	1	DISQUAL.	0	0
SEASON RECORD	135	84						

WADSWORTH HIGH SCHOOL CATEGORY LEADER REPORT
 JUNIOR VARSITY LEVEL
 AS OF 03/27/2015

MOST TEAM POINTS

1.	QUENTIN GRIFFIN	6.00
2.	BRANDON RANDOLPH	6.00
3.		
4.		
5.		

MOST WINS

1.	DREW BLANKENSHIP	18
2.	JORDAN EARNEST	11
3.	QUENTIN GRIFFIN	11
4.	TYLER SCHLEIGH	11
5.	CAMERON RIGGENBACH	9

MOST TAKEDOWNS

1.	RYAN ORR	21
2.	KOLE KEMPPPEL	20
3.	DREW BLANKENSHIP	18
4.	CAMERON RIGGENBACH	15
5.	JORDAN EARNEST	15

MOST DECISIONS

1.	DREW BLANKENSHIP	12
2.	JORDAN EARNEST	4
3.	CAMERON RIGGENBACH	3
4.	CONNER CLARK	3
5.	CHASE NEFFENGER	3

MOST FALLS

1.	TYLER SCHLEIGH	8
2.	HUNTER BLAZ	6
3.	QUENTIN GRIFFIN	6
4.	DREW BLANKENSHIP	5
5.	CAMERON RIGGENBACH	5

MOST TECH FALLS

1.	RYAN ORR	2
2.	MATT MCMILLEN	1
3.	JORDAN EARNEST	1
4.		
5.		

MOST MAJOR DECS

1.	RYAN ORR	2
2.	JORDAN EARNEST	2
3.	KOLE KEMPPPEL	2
4.	QUENTIN GRIFFIN	2
5.	DREW BLANKENSHIP	1

MOST FORFEITS

1.	QUENTIN GRIFFIN	1
2.	BRANDON RANDOLPH	1
3.		
4.		
5.		

MOST DEFAULTS

1.	KOLE KEMPPPEL	1
2.		
3.		
4.		
5.		

MOST DISQUAL.

1.		
2.		
3.		
4.		
5.		

MOST 3 PT NEAR FALLS

1.	RYAN ORR	9
2.	NICK PALECEK	7
3.	QUENTIN GRIFFIN	7
4.	KOLE KEMPPPEL	6
5.	JORDAN EARNEST	5

MOST 2 PT NEAR FALLS

1.	CAMERON RIGGENBACH	4
2.	DEREK DUNN	4
3.	MATT MCMILLEN	3
4.	JORDAN EARNEST	3
5.	QUENTIN GRIFFIN	3

MOST REVERSALS

1.	DREW BLANKENSHIP	11
2.	JORDAN EARNEST	9
3.	AHMAD DARWICH	7
4.	NICK PALECEK	5
5.	QUENTIN GRIFFIN	5

MOST ESCAPES

1.	QUENTIN GRIFFIN	10
2.	DREW BLANKENSHIP	8
3.	NICK PALECEK	7
4.	RYAN ORR	5
5.	KOLE KEMPPPEL	5

MOST PENALTY POINTS

1.	JAKE KISOR	3
2.	NICK PALECEK	3
3.	CAMERON RIGGENBACH	2
4.	KYLE HALL	2
5.	AHMAD DARWICH	2

MOST EXTRA TAKEDOWNS

1.		
2.		
3.		
4.		
5.		

MOST EXTRA ESCAPES

1.		
2.		
3.		
4.		
5.		

MOST N4

1.		
2.		
3.		
4.		
5.		



WRESTLING LIL SIS

Left to Right;Front Row 1:

Kirsten Johnson, Kaela Cart, Maddie Maslanka, Devanne O'Connor

Row 2:

Miranda Watts, Shannon Jones, Kady Knotts-President, Libby O'Hara,
Lauren Knipf

Row 3: Mary Ruse- Advisor, Mary Datlenko, Sami Placek, Bailey Brandenburg,
Gabbie Rosenberger, Dawn Knotts- Advisor

not pictured : Autumn Sayre

Wadsworth Little Sis 2014-15

President:

Kaitlyn Knotts

MEMBERS:

Bailey Brandenburg, Kaela Cart, Mary Datlenko, Kirsten Johnson, Shannon Jones, Lauren Knipl, Maddie Maslanka, Devanne O'Connor, Libby O'Hara, Sami Placek, Gabbie Rosenberger, Autumn Sayre, and Miranda Watts

VARSIITY:

STATS: CRITERIA

Lauren Knipl	2nd
Devanne O'Connor	1st
Mikaela Cart	1st
Libby O'Hara	2nd

MANAGERS:

Lauren Knipl	2nd
Devanne O'Connor	1st
Kaela Cart	1st

JUNIOR VARSITY/FRESHMAN:

STATS:

Madaline Maslanka
SamanthaPlacek

MANAGERS:

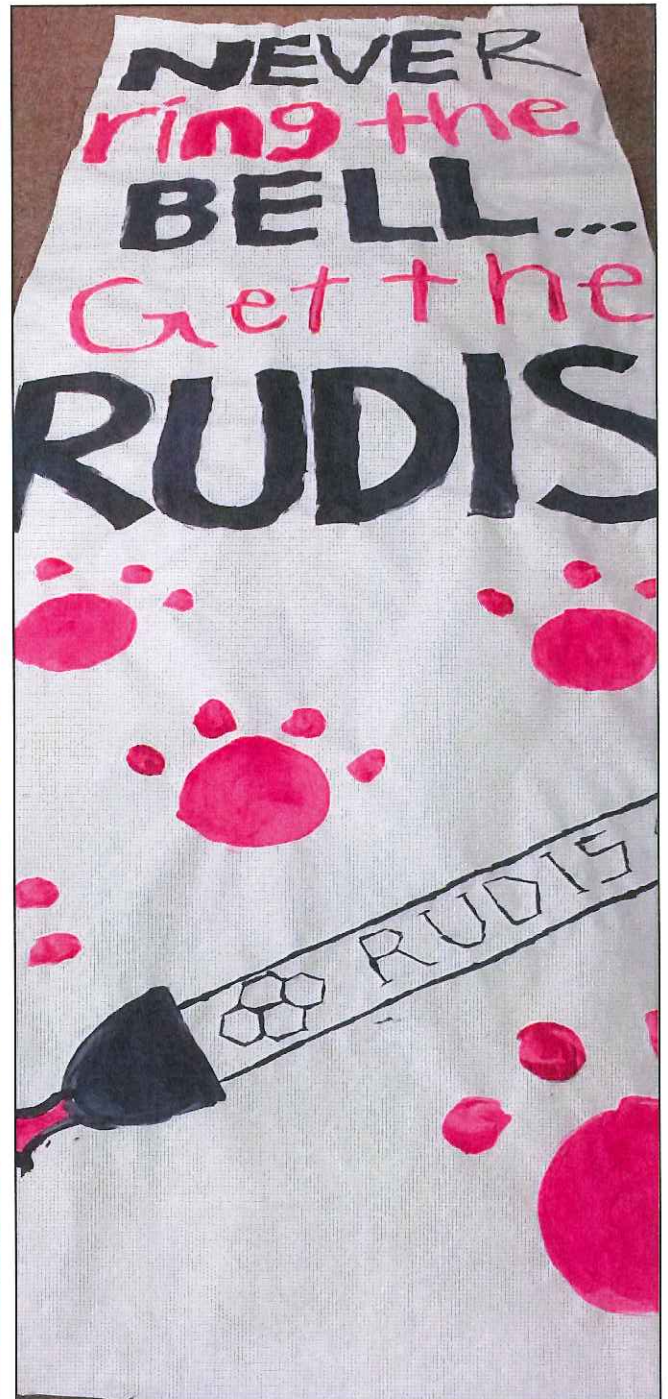
Madaline Maslanka
SamanthaPlacek
Libby O'Hara

Head Advisor:

Dawn Knotts

Assistants:

Ali Baughman, Lorraine Brandenburg, Jen Frisby, Jen Gray, Renee Riggenschach, Heather Surratt, and Jennifer Wolfert



LOOKING BACK AT 2014-15

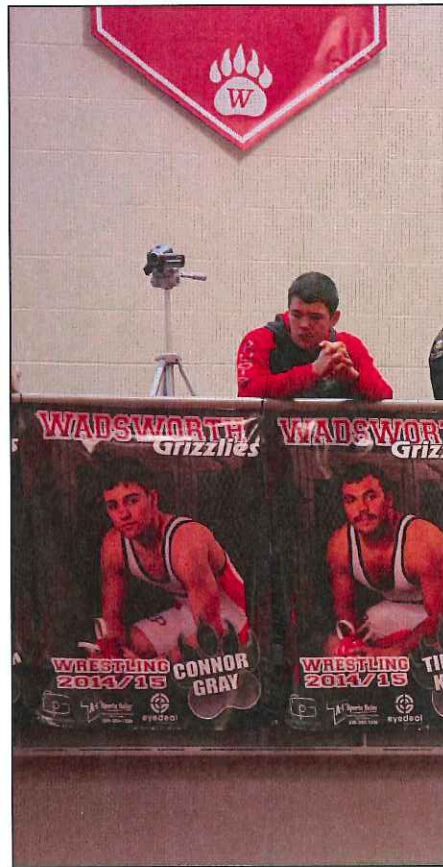
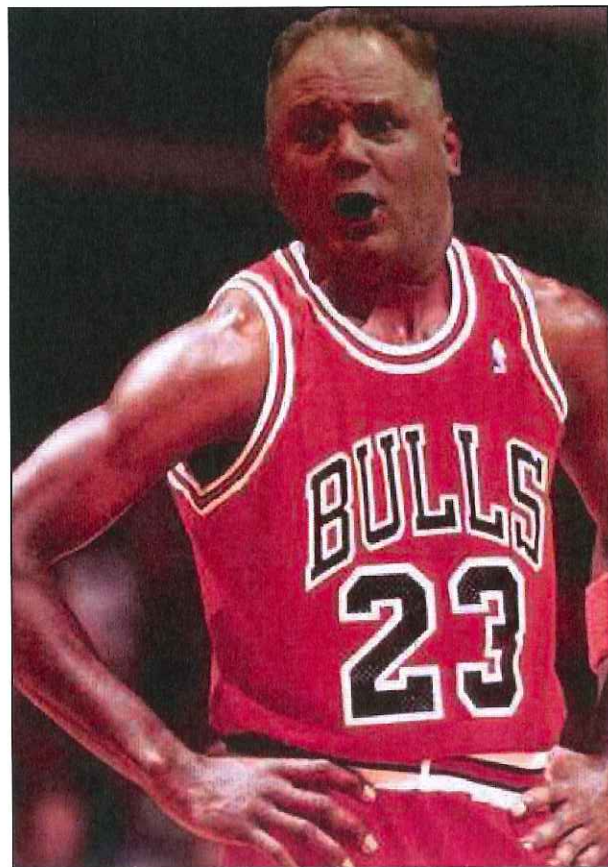


2014 Jordan's Team Camp



Community Service Project
Senior Citizens Rummage







PENN STATE  **FOXCATCHER**
 PRIVATE SCREENING
 PRESENTED BY RUDIS

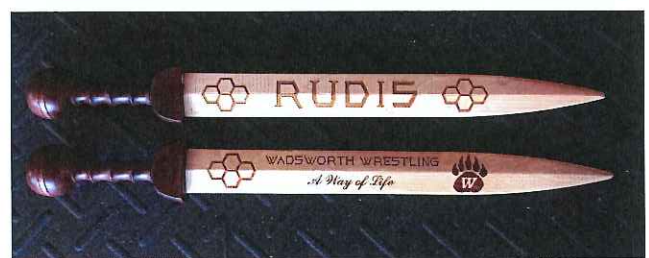
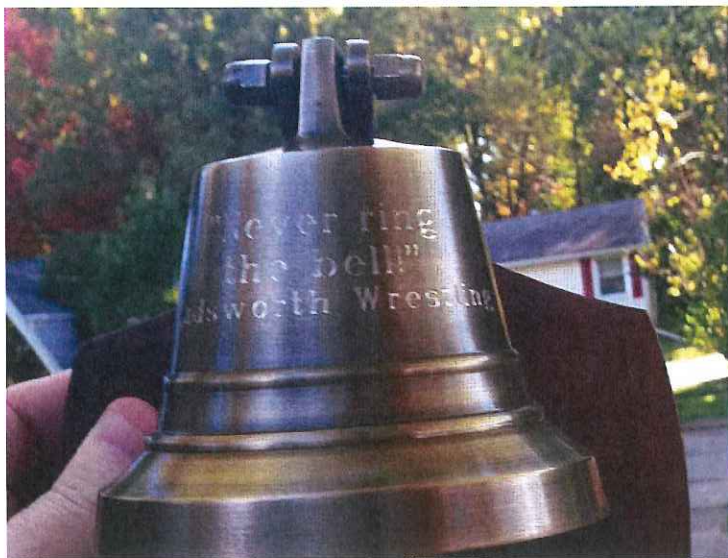
OHIO STATE  **VS.**  **OHIO STATE**
 2pm dual at St John Arena

5pm
 AMC Lennox 24
 Columbus, Ohio

private screening of the critically-acclaimed film
FOXCATCHER
 PRESENTED BY RUDIS

with special guest

APR 11, 2015
 Lennox 24, Columbus, Ohio



THANKS DOWNTOWN MARATHON!





National High School Wrestling Team Rankings

Rank	Team	City	State	Classification	Previous
1	Oak Park and River Forest	Oak Park	Illinois		
2	Graham	St. Paris	Ohio		
3	Blair Academy	Blairstown	New Jersey		
4	Wyoming Seminary	Kingston	Pennsylvania		
5	Clovis	Clovis	California		
6	Franklin Regional	Murrysville	Pennsylvania		
7	Southeast Polk	Pleasant Hill	Iowa		
8	Poway	Poway	California		
9	Archer	Gwinnett	Georgia		
10	Bethlehem Catholic	Bethlehem	Pennsylvania		
11	Bergen Catholic	Oradel	New Jersey		
12	Buchanan	Clovis	California		
13	Broken Arrow	Broken Arrow	Oklahoma		
14	Stillwater	Stillwater	Oklahoma		
15	St. Edward	Lakewood	Ohio		
16	Montini Catholic	Lombard	Illinois		
17	Apple Valley	Apple Valley	Minnesota		
18	Bettendorf	Bettendorf	Iowa		
19	Carl Sandburg	Orland Park	Illinois		
20	Neosho	Neosho	Missouri		
21	Perry	Massillon	Ohio		
22	Tuttle	Tuttle	Oklahoma		
23	St. Michael-Albertville		Minnesota		
24	Glenbard North	Carol Stream	Illinois		
25	Lowell	Lowell	Michigan		
26	Brecksville-Broadview Heights		Ohio		
27	Delta	Delta	Ohio		
28	Marist	Chicago	Illinois		
29	Mesa Mountain View	Mesa	Arizona		
30	Saint Peters Prep	Jersey City	New Jersey		
31	Elyria	Elyria	Ohio		
32	Evansville Mater Dei	Evansville	Indiana		
33	Crook County	Prineville	Oregon		
34	Colonial Forge	Stafford	Virginia		
35	Olathe North	Olathe	Kansas		
36	Belle Vernon	Belle Vernon	Pennsylvania		
37	South Dade	Homestead	Florida		
38	Phillipsburg	Phillipsburg	New Jersey		
39	Cumberland Valley	Mechanics	Pennsylvania		
40	Monroe Woodbury	Central	New York		

FINAL STATE POLL 2/26/15

Division I

1. St. Edward
2. Massillon Perry
3. Brecksville
4. Elyria
5. Wadsworth
6. Mason
7. Brunswick
8. Central Crossing
9. Perrysburg
10. Olentangy Liberty

Division II

1. St. Paris Graham
2. Toledo Central Catholic
3. Claymont
4. Lexington
5. Akron SVSM
6. Oak Harbor
7. Canfield
8. Padua
9. Carrollton
10. Wauseon

Division III

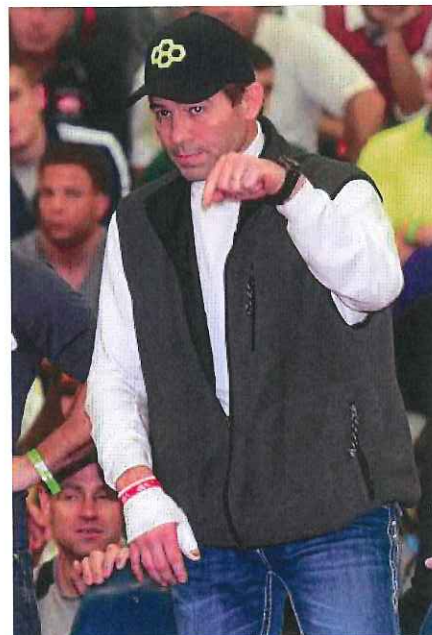
1. Delta
2. Dayton Christian
3. Milan Edison
4. Mechanicsburg
5. Covington
6. Tuslaw
7. Waynedale
8. Troy Christian
9. West Laffayette Ridgewood
10. Galion Northmor



INTERMAT FAB 50 RANKINGS

RANK SCHOOL STATE NO. RANKED

1	St. Paris Graham	Ohio	1		
2	Oak Park River Forest	Illinois			
3	Blair Academy	New Jersey			
4	Wyoming Seminary	Pennsylvania			
5	Clovis	California			
6	Franklin Regional	Pennsylvania			
7	Southeast Polk	Iowa			
8	Poway	California			
9	Bethlehem Catholic	Pennsylvania			
10	Bergen Catholic	New Jersey			
11	Archer	Georgia			
12	Buchanan	California			
13	Broken Arrow	Oklahoma			
14	Stillwater	Oklahoma			
15	St. Edward	Ohio			
16	Montini Catholic	Illinois			
17	Apple Valley	Minnesota			
18	Neosho	Missouri			
19	Carl Sandburg	Illinois			
20	Bettendorf	Iowa			
21	St. Michael-	Minnesota	36	Greater Latrobe	Pennsylvania
22	Glenbard North	Illinois	37	Don Bosco Prep	New Jersey
23	Tuttle	Oklahoma	38	Belle Vernon	Pennsylvania
24	Massillon Perry	Ohio	39	Minisink Valley	New York
25	Lowell	Michigan	40	Cumberland Valley	Pennsylvania
26	Brecksville	Ohio	41	Bound Brook	New Jersey
27	Crook County	Oregon	42	Kaukauna	Wisconsin
28	Mesa Mountain View	Arizona	43	Boyertown	Pennsylvania
29	Dayton Christian	Ohio	44	Monroe Woodbury	New York
30	St. Peter's Prep	New Jersey	45	Brighton	Michigan
31	Delta	Ohio	46	Penn	Indiana
32	Marmion Academy	Illinois	47	Delbarton	New Jersey
33	Elyria	Ohio	48	Colonial Forge	Virginia
34	DePaul Catholic	New Jersey	49	Brick Memorial	New Jersey
35	South Dade	Florida	50	Evansville Mater Dei	Indiana



#1 ST. PARIS GRAHAM

ENERGY TAKERS vs ENERGY GIVERS:

ENERGY TAKERS: Wrestlers who need to be motivated

Energy Takers are pretenders who ask to be constantly convinced. Energy Takers need to be talked-up with emotional rhetoric, tricked into giving it their all. Energy Takers do not appreciate their God-given gifts; sadly, they do not know how to show gratitude or respect. Energy Takers are like spoiled children; they seek attention in all the wrong ways and for all the wrong reasons. Energy Takers are selfish individuals who expect to be served by others. Energy Takers demand everything from everyone, but, inexplicably, they require nothing of themselves. Energy Takers exhibit an undeniable sense of entitlement; they are aimlessly driven by ego. Energy Takers sabotage winning, undermining in subtle and passive ways. Energy Takers alienate, discourage, and divide their teammates; and they frustrate, exhaust, and suffocate their coaches and teammates.

ENERGY GIVERS: Wrestlers who are driven

Energy Givers are authentic individuals who live faith-based lives. Energy Givers invest 100% of themselves; they recognize the unforgiving nature of gifted time. Energy Givers treat their bodies like temples; they attack training with relentlessness and a focus that inspires others. Energy Givers have a sense of duty to the players who have come before them; they appreciate tradition and relish in the idea of linking the past to the future. Energy Givers are quick to recognize others, and they humbly go about accepting a role that strengthens the group and takes advantage of individual talents. Energy Givers are unselfish wrestlers who pay attention to detail; they drill hard, diet correctly, stay in a stance, defend a single, win close matches, listen to the corner, and purposefully and positively communicate. Energy Givers own their mistakes and recognize their weaknesses; they seek out those who will hold them accountable to the highest of standards. Energy Givers lead, encourage, and unite teammates; and they support, energize, and trust their coaches and teammates.

-Scott Callaghan-Head Basketball Coach Hoban Knights



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 2015-16?



WADSWORTH WRESTLING-

THE ROAD TO STATE...

7 Keys to Success during Championship Weekend

1. Bombard yourself with positive thoughts and focus on your strengths. This is not the time to be critical of yourself. Dwelling on setbacks, losses, injuries or weaknesses will only hurt confidence. We recommend our athletes watch their highlight tapes and best performances leading up to championship weekend. Watch yourself execute technique and compete fearlessly. You are good enough to get the job done. See it, believe it, achieve it!
2. Ensure proper Energy Management. Now is the time to shorten workouts and avoid over training. The work is in the bank, don't try to cram a ton of work in the last few weeks of the season. On match day try not to think about wrestling until you begin your warm up. Mental and Emotional stress (from thinking about your opponent and matches) will drain your battery even faster than Physical stress. In between rounds, don't watch much wrestling. Jordan Burroughs admits that he does not watch a lot of wrestling when competing as this only makes him more nervous. Focus on rehydrating, refueling, and relaxing in between rounds. Listen to music, talk to people who will help you relax, get some fresh air, or do some deep breathing.
3. Visualize yourself warming up, competing, and executing technique in the arena. Be as vivid as possible, using as many senses as possible. Limit this to 10-15 minutes a day to avoid Mental and Emotional Stress from thinking too much about wrestling.
4. Act more Confident. The fastest way to feel more confident is to act more confident. Walk with purpose and swagger, control your breathing, and smile. Studies show that confidence is synthesized simply by acting more confidently.
5. Focus on winning positions and scoring points rather than on the match outcomes. If you get taken down to your back don't panic and begin thinking about how you will win the match. Focus on scoring the next point and then the next point and on and on. Our effort and attitude are 2 things we always control. These levels should be sky high, while you relentlessly try to win each position and score the next point for the duration of the match. If you do this, good things tend to happen and the outcome will take care of itself.
6. Plan on winning each match 2 or 3 times. Bad call no takedown, that's okay get another takedown. This philosophy is taken from Team USA head coach Zeke Jones. Never assume the calls will go your way. Take the refs out of the match and win the match again if you have to without complaining. You have a huge advantage if you take this attitude into each match, because your opponent likely will not.
7. Stay away from people who add pressure or cloud your mind. The further into the postseason the more coaches (club coach, personal coach, strength coach, mindset coach), family members and friends will be in attendance. Don't feel obligated to talk to anyone in between each round. Less is more sometimes.



WADSWORTH WRESTLING-

THE ROAD TO STATE...

3 reasons it doesn't matter who you Wrestle

"I would hate to be the guy wrestling me next. The absolute worst seed in the tournament is always the guy wrestling me next."

1. The focus should always be on your Effort & Attitude. If your Mindset is right you should look no different in your preparation before a match or in your level of Intensity during a match, whether you are in the national finals or wrestling an early season Saturday morning dual meet. Regardless of your opponent your effort and Intensity level is sky high and your Attitude is positive.
2. Everyone can be beat. No one wears an S on their chest. Even Superman is vulnerable to Kryptonite. We have seen all the greats lose- Jordan Burroughs, Dan Gable, Alexander Karelin, Kyle Dake, Logan Stieber, David Taylor, Ed Ruth and on and on. Top seeds get knocked off all the time, upsets happen, so why not be the guy who beats the "unbeatable".
3. A true Competitor is not afraid to lose. Looking back I don't regret the matches I lost because I always battled hard. What I regret is the times I didn't seek out the best possible competition to improve and put myself in difficult situations which would help me down the line. A true competitor knows that failure is not final it is feedback. Winners lose more than losers lose. Winners go for it a lot! But in the long run they are MUCH better because of it.

What does it take to be successful at the State or NCAA tournament?

3/24/2015

0 Comments

What does it take to be successful in the NCAA tournament? Think about some of the most impressive wrestlers in the tournament. Then ask yourself what do they have in common? That is a pretty good starting point. From a performance standpoint some of their qualities are pretty obvious:

- Looking to score a lot of points. Not satisfied to eek out a win.
- Not afraid to Pull the Trigger on big moves.
- Loose and relaxed (even smiling) before and during matches.

The day before the NCAA tournament there was a coaches interview on Flowrestling. Coach Koll from Cornell made an excellent point. He said something to the extent that the wrestlers who find success in the NCAA tournament are the ones who are looking to dominate each match and score a lot of points. He said that if a wrestler is trying to eek out 1 or 2 point wins each round, chances are that at least one of those matches doesn't go in their favor.

In other words look to dominate and you may win. Look to eek by and you will likely come up short. If you want to be an All American aim and train to be a NCAA Champ. If you want to be an NCAA Champ aim and train to dominate the tournament.

Shoot for the moon because if you miss you will still be among the stars -Marcus Allen

Many of the most successful wrestlers were "shooting for the moon."

Coach John Smith said in an interview that Alex Dieringer set a goal to be the Most Outstanding wrestler before the tournament. Maybe he came up short but did he really? He won his 2nd National Title in dominant fashion. What sticks out in my mind is Dieringer looking to score with 10 seconds left in the bout. He was relentless.

Cody Brewer did not shut down his offense after scoring two takedowns in the national finals. Instead he got 3 or 4 more. There was no let up.

Zeke Moisey pulled the trigger all tournament. There was no hesitation in throwing the kitchen sink at each opponent.

Kyven Gadson hits the big throw in a one point match to get the fall in the finals.

Logan Stieber is the poster boy for looking to dominate on pulling the trigger in every match every round.

Isaiah Martinez keep attacking and attacking. He isn't satisfied to just win.

Nick Gwiazdowski wrestles like a lightweight and gets to his offense all match.

They say defense wins championships. I don't think that applies to wrestling. The most impressive wrestlers we watched this weekend went after their offense and pulled the trigger each match.

In no way am I saying this is easy to do. In order to Pull the Trigger you need 3 things:

1. Confidence in your go to moves
2. Poise before and during the match. Controlling nerves and anxiety is essential to pull the trigger.
3. No Fear of Losing or making mistakes. Once you overcome this fear a major burden is lifted.

Takes time and takes practice. But if you want to wrestle like Moisey, Tomasello, Brewer, Stieber, Dieringer, Gadson or Gwiazdowski you better learn how to pull the trigger and look to dominate each bout.



WRESTLING

DEAR STATE QUALIFIERS,

NOAH, CONNOR, JOEY, DARRIN, SHANE, AND TIMMY:

"Get the State title and Top Four"



Mental Preparation...

"A moment to reflect on our season

STATES 2015"

To each of you, I am proud to be your Head Coach. You have been a very dedicated group. You have come along way as wrestlers, but more importantly as young men. You have brought me much joy and excitement this past year: 23 straight SL titles, a GIT Runnerup with powerful Graham, a Sectional Runnerup, 3rd place in the District with a 12 District Qualifiers, earning 5 State qualifiers and alternate. You have also brought Wadsworth H.S. and city much pride. Beating Green on Senior Night. Beating Brunswick at home in the State Duals. 12-1 in duals. I want all of you to enjoy the weekend down at the State tournament. Relax when we aren't wrestling, but be ready to put it on the line when we are wrestling.

You are gladiators:

As two-time state champion Bobby Jones said, several years ago:

"You are all gladiators, and you must take control of your own arena. Take control of "The Schott" and finish with a individual State Championship and ***"Get the Top Four"***

Thrive on the Pressure "Get the State title and Top Four" :

Pressure comes from two things: Being unprepared; and wrestling "not to lose" instead of "wrestling to win." We are prepared. We practiced correctly, we practiced hard, everyone has sacrificed enough to win. We have the schedule and confidence behind us.

As we come to the last tournament of the year, remember "what you achieve at the State Tournament will become memories of a lifetime". We have a unique opportunity to win a State title. Over time, no one will remember exactly what your regular season record was. Throughout your life, people will ask did you get to State? Did you place? Did you win the title. This season ending tournament is your chance to shine. Make the most of your opportunities! Do not walk off the mat feeling you held anything back. If you give it your all, you will have no regrets regardless of the outcome. Seize the moment! Don't wait till next year. Timmy, Shane, Connor, you don't have next year. The future is now

"Get the State title and Top Four"

So how do you ***"Get the State title and Top Four"*** in your biggest matches? Champions are able to get the most out of themselves when it counts! Champions perform at their "optimal level of emotional arousal" and do the little things necessary to win the close matches.

Below are **23 reasons** why Wadsworth wrestlers should feel confident in no particular order that will help you win your big matches when it counts the most.

23 REASONS WHY WADSWORTH WRESTLERS SHOULD FEEL CONFIDENT

"NEVER RING THE BELL; GET THE RUDIS"

- NO SHORTCUTS TO THE 3RD MONTH
- NEW SCHOOL, NEW ROOM, NEW EXPECTATIONS... OLD SCHOOL TRADITION
- PAIN WILL PASS: CHAMPIONSHIPS REMAIN FOREVER!
- WE ARE STRONG ... WE ARE CONFIDENT... WE ARE THANKFUL!
- We refuse to ring the bell; We want the Rudis. We did not take any short cuts-we trained harder than ever!
- We Love our Fear.
- We trust our teammates, We Trust our coaches and We Trust ourselves.
- We have wrestled a tough schedule and dominated in all of our tournaments this year.
- We just won our 23rd in a row Suburban League Championship.
- We have spent time preparing in the off season, coming in at 7AM to lift and so many other sacrifices.
- We have great coaches, and wrestlers who sacrificed summertime fun and Sundays to get the edge.
- Our intense progressive drilling will help us perform instinctively in the heat of battle.
- We will fight for every point. We will draw from the corner for our inner strength.
- We will visualize ourself executing our game plan, winning against our toughest competition and having our hand raised in the Championship Venue as our cheering section cheers.
- We have studied Hudl video of some of our best matches.
- We will get proper rest & nutrition including protein and recovery drink and water.
- We will be intense, yet relaxed, when we step on the mat to do battle!
- We have the best off site training facility at the Battlezone with great coaches Mike and Clay Wenger
- We will keep wrestling through the end of every period and near the edge. We will never relax on the edge.
- We will remained focused no matter what happens and We will control the tempo and ties.
- We have great parents, little sis, friends and family behind us at all times.
- When it gets uncomfortable WE WILL BELIEVE IN OURSELVES, TEAMMATES, AND COACHES ;no matter what happens.
- When it seems totally hopeless, we will think of CHIEF KALLAI and draw inner strength and win.

NOAH, CONNOR, JOEY, DARRIN, SHANE, AND TIMMY:

BE STRONG...BE CONFIDENT...BE THANKFUL-Chief Kallai

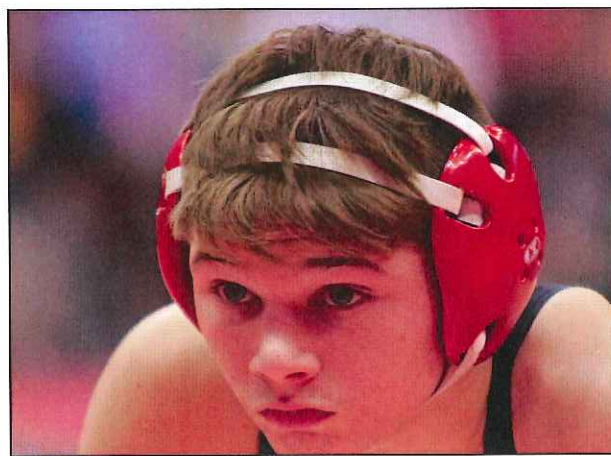
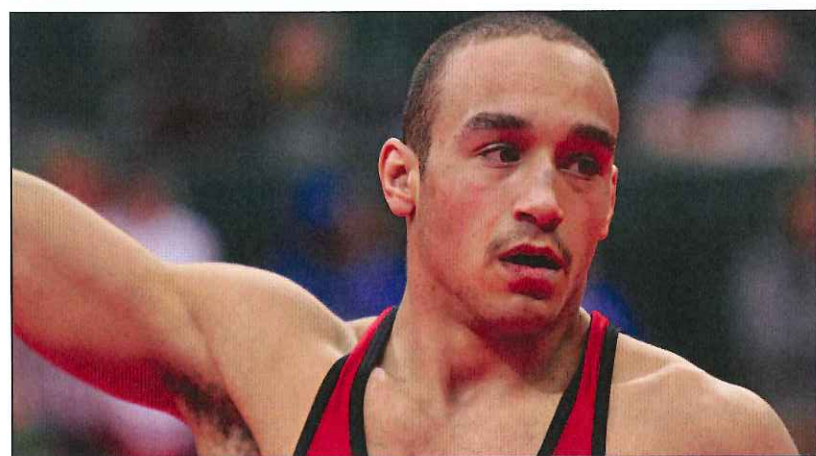
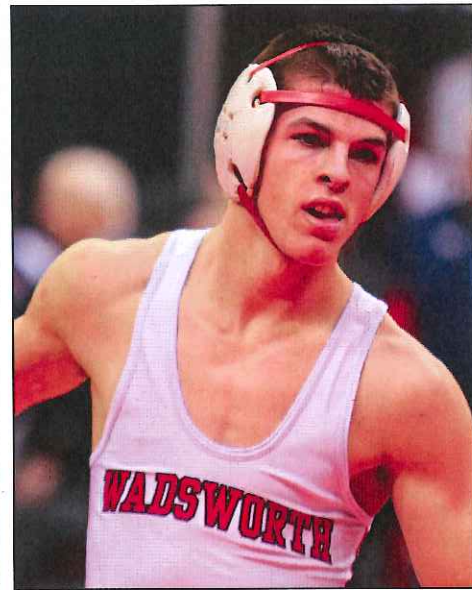
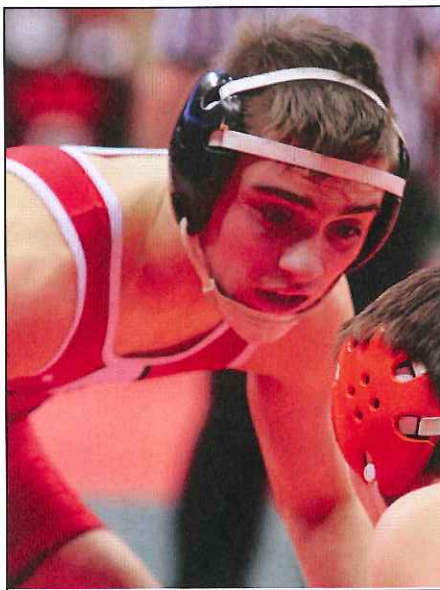
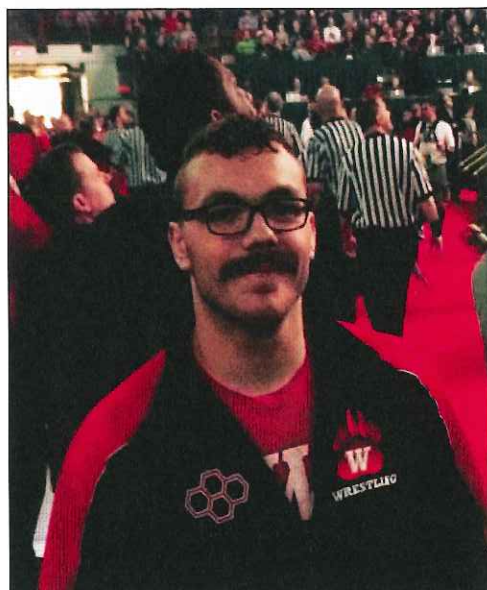
We are about to make history again. Top 10, Top 5, Top 4 ; Multiple State Champs..Thanks for such a great journey. We will never travel this path together again. but only relive the memories at reunions. We need to enjoy all the minutes and hours the next few days. No matter what happens, this 2014-15 team has its place in WHS history I am proud to be your Head Coach. You all have matured over the past year into fine young men. I am looking forward to many outstanding accomplishments this weekend. The future is now. This weekend! Go for the Gold. Take one match at a time and enjoy the experience. You have the power to win, pin, and come from behind to ... **"Get a State title and Banner"**

Coach G

2015 State Tournament “The SCHOTT”



I TEAM SCORES		
THRU 170 POUND CLASS		
POS	TEAM NAME	POINTS
1	WADSWORTH	43
2	ST. EDWARD	34.5
3	ELYRIA	34.5
4	MAS. PERRY	29
5	SWICK	25
	RYSBURG	24.5
	ECITYCC	24
	N LAKE	23
	ODON	19



GRIZZLY SCHOTT RECAP:

State Champion, placer, qualifier, or spectator? Will the 2015-2016 team members be bringing home another title or banner from the beautiful Ohio State arena...or buying a seat with a great view in the “Schott”? This was the 17th year for “The Schott” to rock with Grizzly Power. Placing 5th in the State with 68 points, the 2014-15 Grizzlies qualified 5 wrestlers. with 1 STATE RUNNERUP TIMMY KNIPL AND 4 STATE PLACERS: Noah Baughman 3rd, Shane Mast 4th, Joey Baughman 5th and Connor Gray 6th. All 5 wrestlers won a total of 14 matches with 10 losses.

Dear **Wrestlers, Little Sis, and Parents,**

Banquet 2015

Introductions/Thankyou's

To my most thoughtful and lovely wife, **Cindy** Thanks to my wife for making all this work and assisting me in so many ways. Without her, I know I wouldn't be here celebrating another great year.

This is a special night to recognize the 2014-15 Championship wrestling team, managers, stats, little sis, parents, and coaches. But before any proceedings begin: **We need to acknowledge Matt and Henna Hulme on the birth of their new baby girl Lilly. Congratulations** What a superb season! 12-1/7-0 SL. Yes, you were part of the 23 straight SL championships. No one can take that away from you ever. You all are big reasons why the Wadsworth Wrestling is so successful. Varsity B, JV's, and Frosh you had a great year! Keep working toward a varsity position. Remember some of you that lettered this year will be ready to step up to the Varsity a. Freshmen,- you all were fantastic. You did everything we asked of you. Now challenge the eighth graders to do the same. They also have the makings of a winner. Remember no one can measure heart and determination. All underclassmen should stick together and win another team State Championship. You all have the determination and desire to have excellent high school careers .

To the coaches: Thanks to the **Youth Coaches: Dave Brugh second year** and so many more. (1st in the State) OYWL /OAC Over 100 participants the **Junior High Coaches: Larry Kaufman and Kory Runkle** providing the wrestlers with the basics and love of the sport. (1st in OAC State Duals GIT Twinsburg) We as a coaching staff would be foolish not to realize that our successes are linked directly to the youth and middle school, especially both coming in early and running AM workouts.

Club coach Coach Mike Wenger (Battelzone) **Freestyle coach Coach Clay Wenger and Mark Berg** To all the coaches thanks for providing the right atmosphere to balance the intensity with the fun of the sport of wrestling. To the coaches for all their extra enthusiasm they bring in the room.

High School Coaches: Matt Hulme, Nick Ranallo and Brad Squire

To our Volunteer coaches: Greg McElroy, Jason Friedt, Demetry and Dom Owens

To our Alumni coaches: Christian Baughman, Kagan Squire, Cody Gordon and Loudon Gordon, Jake Crowley, Clay Wenger. and Zak Kallai and so many others

To our Tournament Director; Coordinators, and Treasurer: Sam Brandenburg, Greg North, Al Baughman, and Holly Brugh. We really appreciate your help. These added eyes and hands have propel us to the next level.: Thanks for your work, so we can have a great program. Without you we would not have accomplished so much this year. The extra fundraisers have helped fund the new kettlebells and sleds that we will use to implement the posterior chain method of lifting.

To Doctor Papas and Dr McMillen and Dr. Bupp : Thanks for all your medical attention to our wrestlers this year. Dr Papas- emergency runs to the high school at late notice. Call from the stands Without some of your notes and other attention some of our wrestlers would not have wrestled. Thanks to your wife, Barbara and your children for understanding our crazy schedule. Dr McMillen , you really helped our youth and middle school out this year. We appreciate your remarkable patience and assistance. Dr. Bupp-with your assistance and immediate care we are healed much quicker and able to perform sooner. Thank you all three.

To our trainer Ron Burdette for all your time setting up the second official weight certification, working the GIT,OAC Duals, and Youth tourneys. Not only did they keeping us safe and healthy, but were also a loyal backer.

Thanks so much 6 SENIORS: TOMMY ANDREWS, MITCH FRISBY, CONNOR GRAY, COREY RIGGENBACH, SHANE MAST, TIMMY KNIPL

You have kept up the Championship tradition-23 in a row. ! 5 to states; You have continued the tradition of hardwork, sacrifice and respect. Remember juniors, sophomore, freshmen how they led by example and try to do the same in the years to come. Good luck in college. Be sure to stop and say hello. You are a Grizzly forever!

To the PARENTS: Thanks for allowing your son and daughter to dare the chance at success and failure, but learn how to work hard and the chance can turn into a lifetime of victory. It is not always easy sitting in the stands watching your son struggle to victory or defeat, but in the end know that he is better just having tried it. (We saw all the great media coverage this year including articles and pictures). Thank you for your extra time at the **JH DUALS, GIT, AND YOUTH TOURNAMENTS** (Hospitality room, Scoretables, bullpen, security, concessions, and cleanup) preparing special meals, putting up with your moody sons and daughters, late night phone calls for rides, sudden change in the schedule, handling the pressures of the matches, keeping your faith in us as coaches and then going to the State Tournament. Thanks for keeping the egos out of the wrestling family. Without your dedication your son and daughter would not be as successful. Our success reflects your time and effort.

To some of our parents who went beyond the call of duty: **JEN GRAY, TIM KNIPL AND MARY RUSE & FAMILY** for all the team dinners, water, snacks at North Canton, BIT, GIT, Suburban, Medina Sectionals; **CINDY GRAMUGLIA** GIT concessions and program ads.; **JULIE ZOLLINGER** State hotel accommodations, **STEPHANIE EARNEST** as GIT ad program director. **RACHEL JONES, JEN GRAY, RENNE RIGGENBACH, AND HEATHER SURRATT AND ALLIE BAUGHMAN** with their help with hospitality room at the GIT. Workers Comp room **MATT HULME** running the computer during the GIT. with help from **LORRAINE BRANDENBURG AND DEBBIE LAKE**. We couldn't have done it without you and **LARRY KAUFMAN and GREG MCELROY** for their direction during the GIT and Larry connecting all of us including the alumni on the web page. The entire **RANDOLPH** family at the GIT. The Little Sis advisers **DAWN KNOTTS AND LORRAINE BRANDENBURG AND CO.** for selling the GIT programs/brackets setting up concession. In addition head statistician **MARY RUSE**. Again Little Sis moms with picture night Our #1 School Board member **LINDA KRAMER AND DR. HILL** our superintendent ; **BRAD MUSGRAVE** our athletic director. and **STEVE MOORE** our principal And to any other parents who added to our program- a big thank you. Please forgive us if I missed any one, We thank you too.

***Two moms are coming to the end of their duty and deserve special recognition:
Dawn Knotts and Jen Gray- present

To our sponsors: **AnyTime Fitness, A-1 Sports, Pizzazio's, Primetime Sports, and The Galaxy** and many other community business who help sponsor the wrestlers and coaches and tournaments. Tee Shirts, wrestler of the week coupons, , and the many others makes it a lot classier program all the way around.

To the TV announcers and WCTV- **TODD BAUGHMAN, AND SCOTT SQUIRE**
You were outstanding. This added alot to our program by giving it some publicity and educating some of the community and possibly gaining some new fans.

To our Team Photographers: **RUTHERFORD PHOTOGRAPHY AND NATE MANLEY**

To the Little Sis Club and Advisers: **DAWN KNOTTS, and right hand person LORRAINE BRANDENBURG and Little Sis President KADDY KNOTTS**, I thank you from everyone else. Our wrestlers and coaches truly appreciate all your time especially the great signs for our home matches and houses, locker decorations, spirit bags and especially the senior scrapbooks and just sincere support the entire season. A big thanks goes to all of you and the rest of the girls.

HEAD STATISTICIAN: **MARY RUSE**

To **VARSITY MANAGERS:** MIKAELA CART, LAUREN KNIPL, DEVANNE O'CONNOR,

JV/FROSH MANAGERS: LIBBY O'HARA, MADALINE MASLANKA AND SAMANTHA PLACEK

VARSITY STATISTICIANS: MIKAELA CART, LAUREN KNIPL, DEVANNE O'CONNOR, LIBBY O'HARA, ,

JV/ FROSH STATISTICIANS: MADALINE MASLANKA AND SAMANTHA PLACEK

Thanks for all your time washing mats, running the clock, getting water, traveling to all the away tournaments and keeping all the necessary stats, but especially thanks for all the memories. You had a super year with some memorable victories. You have all made your mark on Wadsworth Wrestling forever. Good Luck in the future and in college. Be sure to visit us and help the others. Thanks for all your time in helping us with all the necessities to keep a state level program going. You do so much behind the scenes that go unnoticed. We might not always say it, but we really need you and appreciate all that you do.

Academic Awards -Academic ALI Ohio and Scholar Athletes

JV/Frosh Wrestlers: **NICK RANALLO** To the Juniors, Sophomores, Freshmen: I hope you have learned from these varsity wrestlers. The years have gone by so fast. Their handwork and dedication has certainly paid off. Your job is to continue the excellence and keep the tradition going. Most of these varsity wrestlers have also excelled in the classroom and will go on to be successful in college and life. Keep your goals high and set your priorities of hard work in the off season. Do not become discouraged if your season did not turn out the way you wanted. You will see a dramatic improvement next year. Most of this year's high school varsity team did not have a winning record or wrestled on Varsity while in the 9th or 10th grade. Get to some tournaments, open mats, and camps this spring and summer and you will be pinning your opponents next year. You have the nucleus to carry on the tradition of the great Wadsworth teams that have gone before. Just continue to do it!

Varsity B **MATT HULME**

Varsity A and rest of team

Team Varsity: Read the Stats of the season: 29th IRONMAN 4th North Canton, 10th MIT, 2nd GIT, 1st Suburban League, 2nd Sectional, 12 District Qualifiers, 3rd District, 5 State Qualifiers, 5th in the State.

Special Awards//Leader Board /League Awards/State Awards
Off-Season Packet (John Gramuglia) Goals for 2015-2016

Senior Gifts: Parents recognition/Senior thank yous and goodbyes

Highlight tape: on Hudl-athletic dept..

Closing comments: Coach Gramuglia

FINAL THOUGHTS: We had a great journey with lots of good memories. We did place in the top ten AND TOP 5 the State of Ohio out of 177 teams.. but we were in 1st place after the Quarters and everyone worried. Even after some early injuries, football players getting into shape and only ONE losses to St Edward you kept believing and trusting in me and the coaches and the program. We do have the formula, we just have to follow it. Yes, we had memorable year. **23 in a row**. But it is time to keep the excellence and remember To Believe in each other when it gets uncomfortable. This was by far a year in which the parents trusted the coaches and program that we are doing the right thing and avoided the controversy and spread less gossip and took ownership in Wadsworth wrestling. We have a great things going here that most communities are jealous of. People are jealous about Wadsworth. We became the 1st public school to win a State title since 1977 Nordonia team. But we have the target on our back. Last year Massillon Perry has repeated what we did in 2010. This year Brecksville also beat St Edward for the dual meet state championship. We will not sneak up on any body including St. Edward. We are in position to regroup this summer and keep our program on top. It doesn't matter what role you play- Little Sis, Stat, parent, coach, freshmen wrestler, JV, Varsity, SL champ, Sectional Champ, District Qualifier, State Qualifier, State Placer, State Champ, We are all do our part to maintain and propel our program even further. We need to keep the excellence by remembering even if it deals you a bad card once in awhile. Everyone matters! And everyone will benefit from the experience. We need to remember this in tough times when things aren't going as planned. Keep our petty problems from interfering from the total picture. Things will become more difficult as we continue to grow. Keep communicating and remain positive.

Let's be ENERGY GIVERS NOT ENERGY TAKERS. TROPHIES COLLECT DUST; MEMORIES LAST FOREVER!

We need to use the power and magic we felt at the State to bring us more together than ever before, work harder than ever before- WHS camp, Jeff Jordan's team Camp and OSU Intensive Camp or Battlezone's camp, open mats, freestyle and weightlifting. We are going to continue with our weight program MW in March, April and May and then 6:55AM in the summer at the HS. We will continue to tweek and improve our weight program. We will continue to use freestyle and open mats as a great learning tool to catch up or stay ahead.

Yet, we still need to remember is the special ingredient that we have learned from the entire experience the past years- Handling and dealing with adversity. Because struggling makes the wins mean more and the championships more special. Be determined not frustrated. Have less distractions and more loyalty. Keep the excellence by trying to do it a little better and When it gets uncomfortable: Believe in yourself! Believe in your teammates! Believe in your coaches! That team togetherness, unity and toughness gave us ...

IN 2010-11 PAIN WILL PASS; CHAMPIONSHIPS WILL REMAIN FOREVER

AND IN 2012-13-"NEW SCHOOL, NEW ROOM, NEW EXPECTATIONS-OLD SCHOOL TRADITION !"

AND IN 2013-14 "NO SHORTCUTS TO THE 3RD MONTH" AND IN

2014-15 "NEVER RING THE BELL; GET THE RUDIS

2015-16 "LET'S MAKE A WISE INVESTMENT..WORK TOWARDS A STATE CHAMPIONSHIP"