

# Road to a State Championship Calendar

# September 2015



**"GUTS, GRIT, GLORY..."**

**WORK TOWARDS A STATE CHAMPIONSHIP"**

**WORK ON  
KEEPING  
GOOD GRADES**

**WORK SIX  
HOURS A WEEK!**

**KEEP LIFTING!**

**GET A  
PHYSICAL**

**START  
RUNNING MORE!**



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BattleZone 5:00-6 PM	WEIGHTLIFTING 2:55-4:15 PM	1 YOGA 2:55 PM- 4:00 PM	2 WEIGHTLIFTING 2:55-4:15PM BattleZone 5:00-6 PM	3 OPEN MATS 6:30-8 PM	4 WEIGHTLIFTING 2:55-4 PM FOOTBALL vs. WOOSTER (H)	5 Boot Camp 8AM Memorial Park
6 BattleZone 7:00-8 PM New time	7 No School Labor Day OFF	8 YOGA 2:55 PM- 4:00 PM	9 WEIGHTLIFTING 2:55-4:15 PM BattleZone 7:00-8 PM	10 OPEN MATS 6:30-8 PM	11 FOOTBALL vs. MEDINA (A)	12 OFF REST AND RECOVER
13 BattleZone 7:00-8 PM	14 WEIGHTLIFTING 2:55-4:15 PM	15 YOGA 2:55 PM- 4:00 PM	16 WEIGHTLIFTING 2:55-4:15 PM BattleZone 7:00-8 PM	17 OPEN MATS 6:30-8 PM	18 No School-OFF NO WEIGHTLIFTING FOOTBALL vs. STOW (H)	19 Boot Camp 8AM Memorial Park- Invite only
20 BattleZone 7:00-8 PM	21 WEIGHTLIFTING 2:55-4:15 PM	22 YOGA 2:55 PM- 4:00 PM	23 WEIGHTLIFTING 2:55-4 :15PM BattleZone 7:00-8 PM	24 OPEN MATS 6:30-8 PM	25 WEIGHTLIFTING OFF FOOTBALL vs. CUY FALLS (A)	26 OFF REST AND RECOVER
27 BattleZone 7:00-8 PM	28 WEIGHTLIFTING 2:55-4:15 PM	29 1st day of CONDITIONING 2:55 PM- 4:15 PM	30 WEIGHTLIFTING 2:55-4:15 PM BattleZone 7:00-8 PM	Oct 1 CONDITIONING and OPEN MATS 6:00-8 PM	Oct 2 WEIGHTLIFTING 2:55-4 PM FOOTBALL VS N ROYALTON (A)	Oct 3 OFF REST AND RECOVER
Oct 4 7TH ANNUAL GOLF OUTING STATE CHAMPIONSHIP REUNION RIDGETOP GOLF COURSE 9AM-3 PM BattleZone 6:00-7 PM						

**"CAN'T BE BROKEN"**

WRESTLING ROOM 330-335-1925  
Coach Gramuglia 330-606-1064  
Coach Matt Hulme 330-328-0961