

# Road to a State Championship Calendar

# September 2016



**"GRIT IN THE FACE OF ADVERSITY & OBSTACLES  
WILL BECOME THE GRIZZLY TRADEMARK"**

**WORK ON  
KEEPING  
GOOD GRADES**

**WORK SIX  
HOURS A WEEK!**

**KEEP LIFTING!**

**GET A  
PHYSICAL**

**8TH ANNUAL  
GOLF OUTING  
RIDGETOP GOLF  
COURSE  
9AM**

**START  
RUNNING MORE!**



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
August 28 BattleZone 5:00-6 PM	August 29 WEIGHTLIFTING 2:55-4:15 PM	August 30	August 31 WEIGHTLIFTING 2:55-4:15PM BattleZone 5:00-6 PM	1 OPEN MATS 6:30-8 PM	2 WEIGHTLIFTING 2:55-4 PM FOOTBALL vs. WOOSTER (A)	3 OFF REST AND RECOVER
4 BattleZone 7:00-8 PM New time	5 No School Labor Day OFF	6	7 WEIGHTLIFTING 2:55-4:15 PM BattleZone Fall 7:15-8 PM	8 OPEN MATS 6:30-8 PM	9 FOOTBALL vs. MEDINA (H)	10 Boot Camp 8AM Memorial Park
11 BattleZone 7:00-8 PM	12 WEIGHTLIFTING 2:55-4:15 PM	13	14 WEIGHTLIFTING 2:55-4:15 PM BattleZone 7:15-8 PM	15 OPEN MATS 6:30-8 PM	16 No School-OFF NO WEIGHTLIFTING FOOTBALL vs. STOW (A)	17 OFF REST AND RECOVER
18 BattleZone 7:00-8 PM	19 WEIGHTLIFTING 2:55-4:15 PM	20	21 WEIGHTLIFTING 2:55-4 :15PM BattleZone 7:15-8 PM	22 OPEN MATS 6:30-8 PM	23 WEIGHTLIFTING OFF FOOTBALL vs. CUI FALLS (H)	24 Boot Camp 8AM Memorial Park- Invite only
25 BattleZone 7:00-8 PM	26 WEIGHTLIFTING 2:55-4:15 PM	27 1st day of CONDITIONING 2:55 PM- 4:15 PM	28 WEIGHTLIFTING 2:55-4:15 PM BattleZone 7:15-8 PM	29 CONDITIONING and OPEN MATS 6:00-8 PM	30 WEIGHTLIFTING 2:55-4 PM FOOTBALL VS N ROYALTON (H)	Oct 1 OFF REST AND RECOVER
Oct 2 BattleZone 7:00-8 PM						

**"CAN'T BE BROKEN"**

**WRESTLING ROOM 330-335-1925  
Coach Gramuglia 330-606-1064  
Coach Matt Hulme 330-328-0961  
Coach Clay Wenger 330-414-6671**