

BE STRONG, BE CONFIDENT, BE THANKFUL

CHIEF MARK KALLAL



**"ROW YOUR BOAT...
TOWARD A STATE CHAMPIONSHIP"**

THE EDGE

Working on 26
&
#25 in a row

ROW YOUR BOAT
TOWARD A
STATE CHAMPIONSHIP





Team Goals

**" ROW YOUR BOAT...
WIN #25**

WHS WRESTLING

1. PLACE IN TOP 4 OF THE STATE- Get a Banner

2. WIN 25 STRAIGHT LEAGUE CHAMPIONSHIP

BEAT Hudson, North Royalton, Cuy Falls, Stow, Twinsburg, Nardonina, and Brecksville

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 yourself, coaches, captains, and teammates

11. Be appreciative and THANKFUL

12. Display GOOD SPORTSMANSHIP at all times

13. ENDURE FATIGUE



WHS WRESTLING

" ROW YOUR BOAT...

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**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.



" ROW YOUR BOAT...

WIN #25

WHS WRESTLING

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.

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



WHS WRESTLING

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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 14, 2017, or until the end of season in certain weight classes where an injury or where both wrestlers have shared varsity time and has traded off beating each other.

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

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

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

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

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

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

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

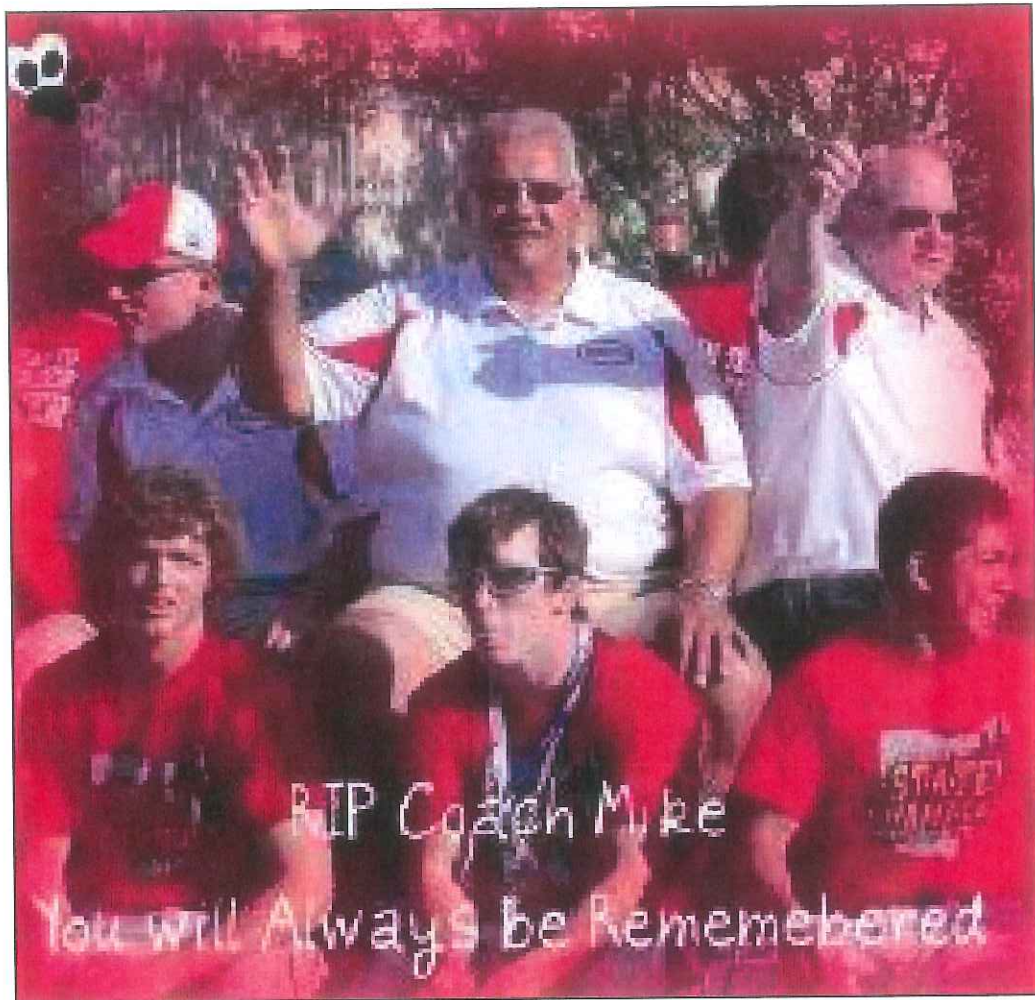
If you are hurt (in pain) but are not hurt (as above), let no one no it. Never show your feelings on the mat. This is called MENTAL TOUGHNESS and it's a quality shared by all GREAT ATHLETES.

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

REMEMBER:

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

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



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

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.



2016-2017 WADSWORTH GRIZZLY WRESTLING



Fri. November 25	Preview @ Padua
Sat. December 3	St. Edward Quad
Fri-Sat. Dec. 9,10	Ironman Tournament @ Walsh Jesuit
Thurs. December 15	Suburban Duals- Twinsburg/Stow (H)
Fri-Sat. Dec. 16,17	North Canton Tournament
Tues./Wed. Dec 27, 28	Medina Invitational Tournament
Thurs. January 5	Suburban Duals@ Nordonia/North Royalton
Thurs. January 12	Suburban Dual vs @Hudson/Cuy Falls
Thurs. January 19	Suburban Dual vs. Brecksville (H)
Sat. January 21	GIT (H)
Wed. January 25	State Dual Quarterfinals @TBA
Wed. February 1	State Dual Regional Semis/ Finals @TBA
Sat. February 4	Suburban League Tourn. (Aurora)
Thurs. February 9	Walsh Jesuit (H)
Sat. February 11	State Dual Final 8 @Columbus
Thurs. February 16	Lake Catholic (H) Senior Night)
Fri-Sat. Feb. 25	Sectional Tournament (H)
Fri-Sat. March 3,4	Districts @ TBA
Th, Fri, Sat, Mar 9,10,11	State Tournament @ Columbus

**" " ROW YOUR BOAT...
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2016-2017 WADSWORTH GRIZZLY WRESTLING VARSITY B



December 3 9:00 AM Copley Briggs Tournament
December 10 9:00 AM Big Walnut Tournament
December 15 6:00 PM Tri Twinsburg/ Stow(H)
December 17 10:00 AM East Liverpool Potter Classic
January 5 6:00 PM TRI @Nordonia/ NR
January 7 10:00 AM Bedford Joe Searcy
January 12 6:00 PM TRI @Hudson/ CFalls
January 14 10:00 AM Tri Valley Invite
January 19- 6:00 PM Brecksville Dual (H)
January 21- 9:00 AM GIT (H)
January 28- 10:00 AM River View Invite
February 9- 6:30 PM Walsh Dual (H)
February 18- 8:00 AM CFalls Doug Dix Duals

**" " ROW YOUR BOAT...
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2016-2017 WADSWORTH JV/F WRESTLING



- December 7 5:30 PM Elyria JV Night #1
December 12 5:00 PM Marlinton Iron Boy #1
December 15 6:00 PM Twinsburg/ Stow (H)
January 5 6:00 PM TRI @ Nordonia/ NR
January 9 5:00 PM Iron Boy #2
January 12 6:00 PM TRI@ Hudson/ CFalls
January 16 10:00 AM Ron Alexander @ Lutheran West
January 19- 6:00 PM Brecksville Dual (H)
January 30- 5:00 PM Iron Boy #3
February 8- 5:30 PM Elyria JV Night #2
February 11- 9:00 AM Marion Pleasant Tournament

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Wadsworth Wrestling Make-up Practice Schedule

WHS WRESTLING

" ROW YOUR BOAT...

WIN #25

- 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



Wrestling with Greatness Podcast

8 Habits of the Most Successful Former Wrestlers

Through interviews with wrestlers ranging from CEO's to UFC veterans to New York Times best-selling authors, I have discovered these 8 habits of successful former wrestlers. While there are other habits, these are the most common that have come up across the many guests on the Wrestling with Greatness podcast. I hope you'll begin to incorporate these into your life and see huge results.

-Jim Harshaw

<http://www.JimHarshaw.net>

P.S. Get notified of new episodes and access the episode action plans here:

<http://ht.ly/RgYIV>

1. Dream Big: Aaron Grossman wants to hit \$100 million in business, Dr. Coyte Cooper wants to sell 1 million copies of a book, Charlie Brenneman told a friend that he would fight in the UFC one day, Kyle Maynard plans to climb Aconcagua (highest point in the southern hemisphere). There's no reason you can't have similarly big dreams. These guys have huge goals and there are no guarantees that they'll achieve them. There is only a guarantee that they'll not achieve them if they don't have them. You're no different.

2. Read: How do they get the inspiration to believe that they can achieve such huge goals? Nearly all of them told me that they read books regularly that educate or inspire them. Several told me that they read every day. Whether it's two pages, ten pages or 30 minutes... you should have some kind of small daily reading goal.

3. Drink More Water: This one might not be sexy but it's a simple yet powerful change that you can make to improve your performance. Olympians and entrepreneurs Jake Herbert and Andy Hrovat as well as UFC veteran and leadership expert Charlie

Brenneman offered this as one of the actions you can take every day for peak performance in the real world.

The benefits of drinking more water include helping you control calories (filling your stomach), keep your muscles energized, make your skin clearer, help your mind be more focused, your digestive tract function in optimally and your bowels moving properly. MayoClinic.org states, "The Institute of Medicine determined that an adequate intake (AI) for men is roughly about 13 cups (3 liters) of total beverages a day. The AI for women is about 9 cups (2.2 liters) of total beverages a day."

4. Wake Up Early: For years I've found that this has been a common habit when learning about the habits of successful people. This is a time of day where you won't expect phone calls or other interruptions that block your mind from focusing on important tasks whether they are writing, meditating or planning your day. The early morning has a magical quality to it. It feels fresh and almost mystical. What a great way to start the day!

Not a morning person? When you take the time to figure out what you *really* want from your life-- more than sleep-- you'll bound out of bed in the morning ready to attack the day. Get clear on your goals and, as David Pottruck (former CEO of Charles Schwab and chairman of HighTower Advisors) says, waking up early will give you "the first victory of the day." He often uses this time to workout. Dr. Coyte Cooper used this time to write his book. Charlie Brenneman uses this time to read.

5. Fitness: You'll find that people who perform at their peak tend to have some kind of workout routine. It may be running, walking, biking, lifting, yoga, swimming or any other form of activity.

Don't have time? You'll find that the time that you invest into working out is just that... an *investment*. Your productivity, energy and creativity will increase as will your mood not to mention your physiological health.

As Zach Even-Esh suggests, choose the exercise that you enjoy most so that you will be more likely to stick with it. When you realize how fitness will help you reach your life's goals, it will be much easier to get into your routine.

6. Daily Goals: Every day is an opportunity. Often times the opportunity gets squandered by having meaningless chats with co-workers, surfing the web or working on tasks that have a low return on investment. Entrepreneur Aaron Grossman sees each day as a competition and sets goals daily. Just like when you determine your long-term goals you begin to take the actions that are required to achieve them, when you determine your daily goals you become more focused as well.

Coyte Cooper advocates executing daily on the small tasks because it is those small tasks that add up to big achievements. In fact, he wrote his book just a few pages at a time each morning over the course of a few months.

As always, start with the end in mind. Ask yourself the following questions:

1. When the day is over, what will I be most satisfied with having achieved?
2. What tasks, if completed, have the opportunity of creating a domino effect that make other goals easier?
3. Will what I'm doing now help me get closer to my goals?

7. Journaling: I've heard more successful people talk about journaling than just about any other habit. In fact, as I write this I'm reading the journal of one of the most powerful men that ever walked the planet- *Meditations* by Marcus Aurelius.

We often learn about the thoughts and habits of successful people from history by what is revealed in their journals. The fact that they are actually journaling is often overlooked as one of their success habits.

Why journal? It helps you gain a deeper understanding of yourself and your beliefs. There's not much more valuable in the world than your own self-awareness. We drift through our lives almost on autopilot. Journaling reveals our internal voice and will help you identify opportunities to improve your self-talk as well as help you discover your values and long-term goals. Even if you just write for a few minutes, the transformation and enlightenment you'll get from writing everyday is invaluable.

Try this: <http://www.fiveminutejournal.com/>

8. Hard work: You probably downloaded this hoping to learn some secrets to success. Some secret activity that successful people do that no one else really knows about. The fact is, there are no secrets to success other than executing on what was discussed in the paragraphs above. Incorporate them into your life and you will see massive change.

But you'll still need the final habit to see the success that you want.

Hard work.

Every single one of the people that I've interviewed works hard. *Really* hard. Harder than just about anyone else I know. It's easy to look at their lives and assume that their path has been easy for one reason or another. However, the more you learn about them the more you realize that they are just like you. In fact, you often learn that they achieved success despite their lacking some of the gifts that you have or they've faced obstacles that others would consider insurmountable. Yet they've persevered.

Putting It All Together

Hard work is far easier when you know what you want and why you want it which is revealed through journaling.

A good time to do this is when you wake up early.

You'll feel more confident if you are fit.

You'll be more focused and energized if you drink plenty of water.

You'll be more motivated, educated and inspired if you read regularly.

When you dream big it will be easy to set daily goals.

Then, and only then, will hard work become easy.

Hard work in the face of adversity and obstacles will become your trademark. Hard work, combined with the other ingredients for success, will be what creates your ultimate, massive, life-changing and satisfying success.



VENTURE U.S. NAVY

The 40% Rule: A Navy SEAL's Secret to Mental Toughness

by Sidd Finch, The Hustle

FEBRUARY 24, 2016, 1:21 PM EDT





Chris Desmond

Use this (scientifically) proven mental framework to push yourself beyond your limits.

This piece originally appeared on [The Hustle](#).

99% of people who start a marathon finish. It's a surprising number, I know, but there's a reason that it's so high. It's called the 40% Rule, a concept used by Navy SEALs to increase mental toughness.

Spanx you very much

In his latest [video on Big Think](#), Marquis Jet founder Jesse Itzler (and husband to the creator of Spanx) tells the story of the time he ran a 100-mile race alongside a 260-pound Navy SEAL:

"I first met "SEAL" at a 100-mile run in San Diego and I was running this race as part of a six-person relay team with friends and he was running the entire race by himself," Itzler said.



“Who is this guy? I’ve never seen anything like it. And during the race, I kept an eye on him and around mile 70—he weighed probably 260 pounds, which is quite large for an ultra runner—he had broken all the small bones in both of his feet and had kidney damage and he finished the race.”

After the race, Itzler did what any billionaire would do: he hired the SEAL to live with him and his family to teach mental toughness.

“I asked him to come live with my family and I for a month...I was doing the same thing every day like so many of us. Wake up; go to work; come home, you know; have dinner; repeat. And I just wanted to get off autopilot. And I thought that he would be a great way to get in good shape, but also to just mix up my routine and get better.”

The 40% rule

While living with Itzler and his family, the SEAL taught him the 40% rule.

“He would say that when your mind is telling you you’re done, you’re really only 40 percent done. And he had a motto: If it doesn’t suck we don’t do it. And that was his way of forcing us to get uncomfortable to figure out what our baseline was and what our comfort level was and just turning it upside-down.”

The 40% rule, the SEAL explained, is the reason why even though most people hit a wall at mile 16 during a marathon, they’re still able to finish.

Itzler wrote about experiencing the 40% rule the very first day that the SEAL moved in with him.

“The first day that “SEAL” came to live with me he asked me to do—he said how many pull-ups can you do?”

I did about eight.

And he said all right. Take 30 seconds and do it again. So 30 seconds later I got up on the bar and I did six, struggling. And he said all right, one more time. We waited 30 seconds and I barely got three or four and I was done. I mean couldn't move my arms done. And he said all right. We're not leaving here until you do 100 more. And I thought there's no—well we're going to be here for quite a long time because there's no way that I could do 100. But I ended up doing it one at a time and he showed me, proved to me right there that there was so much more, we're all capable of so much more than we think we are. And it was just a great lesson.”

And while he didn't reveal the anonymous SEAL's name during the interview, Itzler wrote about his experience in his latest book [Living with a SEAL](#).

The SEAL Itzler referred to is David Goggins. Goggins is currently the World Record holder for most pull-ups done in 24-hours (4,025), a fifth place finisher in the Badwater 135 (a 135-mile race in Death Valley), and an Ironman triathlete.

And while Itzler's story sounds too good to be true, Goggins did in fact [weigh over 200 pounds](#) while running ultramarathons, an unheard of feat in the running community. And to add to his exploits, Goggins did all of this while suffering atrial septum defect, a heart defect caused by a hole in the walls of the heart, which limits a person's endurance.

“For 34 years, David has been working with about $\frac{3}{4}$ of his heart. The right side of his heart was receiving too much oxygenated blood and the blood wasn't going to the rest of his body as it should,” [SlowTwitch](#) wrote.

While World's Biggest BAMF isn't an established record by Guinness, there's no doubt that Goggins would be in the running (pun intended).

Is the 40% rule real?

The story of Itzler and the SEAL sounds amazing, but does the 40% rule actually have science behind it,

or is it just some motivational seminar nonsense? Science says yes, it's legit.

In a **2008 study**, researchers found that subjects who were given a placebo but told it was caffeine were able to lift significantly more weight than those who were really given caffeine.

Of course, this doesn't imply that our bodies and minds are limitless, but it does confirm that the extent of those limits needs revising. Often we limit our abilities, but Itzler's story and hundreds like it prove that we're capable of exceeding these limits.

*More from **The Hustle**:*

How to Add 3+ Hours to Your Day

The Storytelling Secrets That Netted Matt Stone and Trey Parker \$600 Million

The Secret to Switching Fields Successfully

Like running a marathon **every day of the week** or **memorizing a deck of cards** in 20 seconds—turns out that what we often think is impossible is really just the 40% rule in place.

You can watch Itzler's entire video below. It's worth the six minutes, I promise.

Navy SEALs Have a '40 Percent Rule' And It's the Key to Overcomin...  



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WADSWORTH WRESTLING: 2016-2017 SEASON SMART GOALS

THREE PERSONAL GOALS (NON-WRESTLING RELATED)

1.

2.

3.

THREE INDIVIDUAL WRESTLING GOALS (INCLUDE ACTION PLAN TO BECOME 10% BETTER)

1.

2.

3.

THREE TEAM WRESTLING GOALS

1.

2.

3.

THREE GOALS FOR YOUR BROTHERS/BUDDIES (WRESTLING OR NON-WRESTLING RELATED)

1.

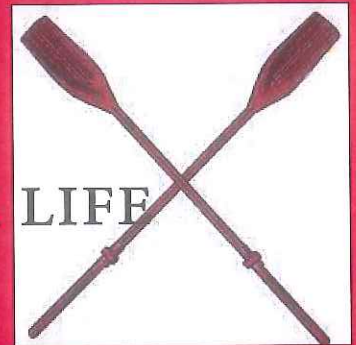
2.

3.

ROW YOUR BOAT TOWARD A STATE CHAMPIONSHIP

OARS IN THE WATER-

THE ENERGY YOU BRING IN YOUR LIFE



THE BOAT-

SACRIFICE WHAT YOU ARE WILLING TO GIVE

COMPASS-

THE DIRECTION SET BY THE LEADER.

THE ULTIMATE GOAL OF THE BOAT

