

BE STRONG, BE CONFIDENT, BE THANKFUL



**14 GLADIATORS
WORKING AS
1
F.A.M.I.L.Y.**

THE EDGE

Working on 27
&
#26 in a row

**ROW YOUR BOAT
TOWARD A
STATE CHAMPIONSHIP**



GUTS

I AM GRIZZLY WRESTLER

The difference between the impossible and the possible lies in the wrestler's

DETERMINATION

GRIT

I AM GRIZZLY WRESTLER

A dream doesn't become reality through magic; it takes sweat, hard work, and

COMMITMENT

GLORY

I AM GRIZZLY WRESTLER

It is not the result of spontaneous combustion. You must set yourself on fire to find

SUCCESS



Team Goals

**14 GLADIATORS WORKING
AS 1 F.A.M.I.L.Y.**

WIN #26

WHS WRESTLING

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

2. WIN 26 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

14 GLADIATORS WORKING AS 1 F.A.M.I.L.Y.

WIN #26

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.



14 GLADIATORS WORKING AS 1 F.A.M.I.L.Y.

WIN #26

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



14 GLADIATORS WORKING AS 1 F.A.M.I.L.Y.

WIN #26

WHS WRESTLING

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 13, 2018, or until the end of season in certain weight classes where an injury or where both wrestlers have shared varsity time and has traded off beating each other.

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

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

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

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

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

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

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

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

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

REMEMBER:

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

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



Wadsworth Wrestling Make-up Practice Schedule

**14 GLADIATORS WORKING
AS 1 F.A.M.I.L.Y.**

WHS WRESTLING

WIN #26

- 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

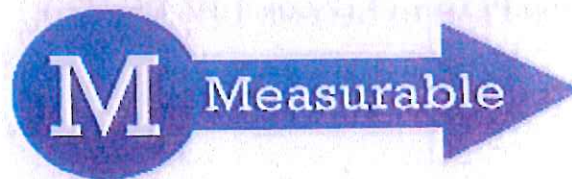
- snatch
- knee over toe
- knee bounce S/D
- angle knee drop
- leg split
- reshot/ knee under

- 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

Setting SMART Goals



Your goal should be as specific as possible and answer the questions: *What is your goal? How often or how much? Where will it take place?*



How will you measure your goal? Measurement will give you specific feedback and hold you accountable.



Goals should push you, but it is important that they are achievable. Are your goals attainable?



Is your goal and timeframe realistic for the goal you have established?



Do you have a timeframe listed in your SMART goal? This helps you be accountable and helps in motivation.

* Setting specific and challenging goals leads to better performance!

WADSWORTH WRESTLING: 2017-2018 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.

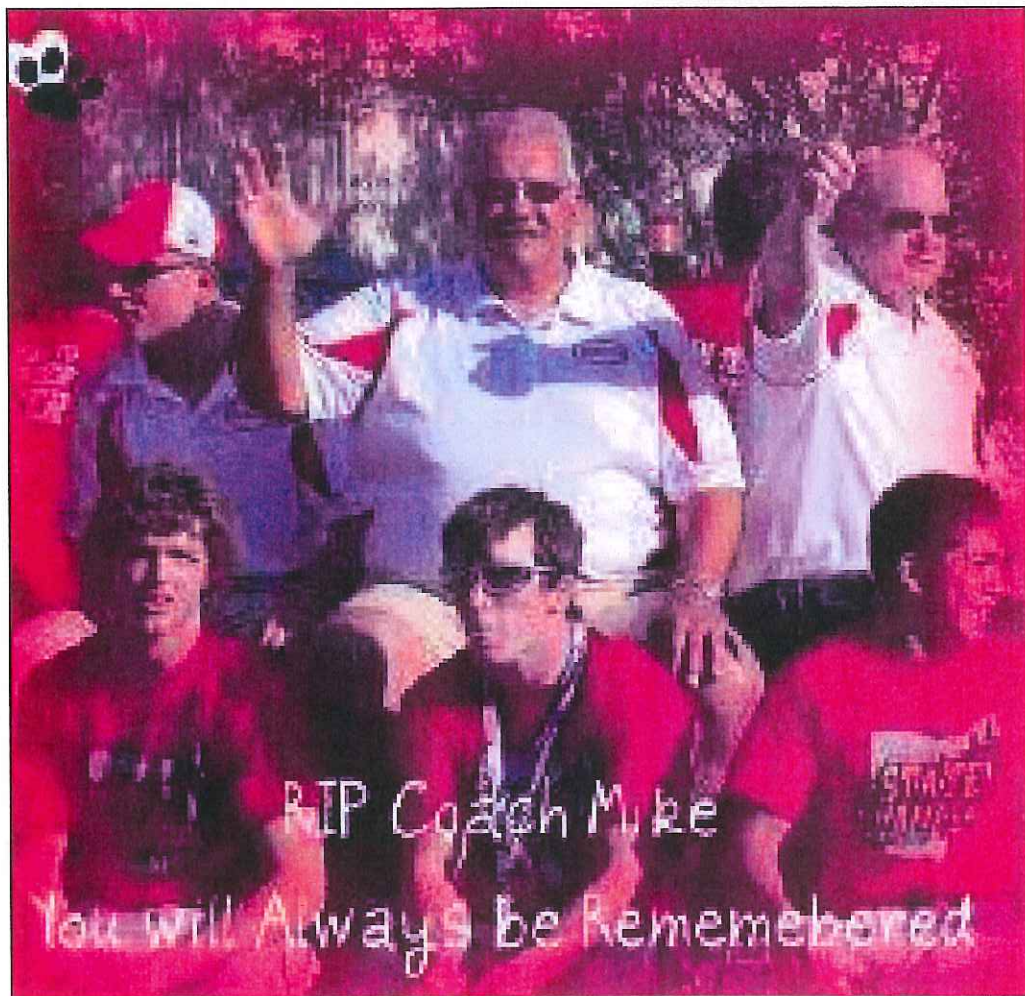
3.

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

1.

2.

3.



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



2017-2018 WADSWORTH GRIZZLY WRESTLING



Fri. November 24	Preview @ Padua
Sat. December 2	@St. Edward Quad-Parkersburg South and Ripley
Fri-Sat. Dec. 8, 9	Ironman Tournament @ Walsh Jesuit
Thurs. December 14	Suburban Duals- @Twinsburg/Stow
Fri-Sat. Dec. 15,16	North Canton Tournament
Wed./Thurs. Dec 27, 28	Medina Invitational Tournament
Thurs. January 4	Suburban Duals Nordonia/North Royalton(H)
Thurs. January 11	Suburban Dual vs Hudson/Cuy Falls (H)
Thurs. January 18	Suburban Dual vs. @ Brecksville
Sat. January 20	GIT (H)
Wed. January 24	State Dual Quarterfinals @TBA
Sat.. January 27	@Paris Graham and Richmond Mich.
Wed. January 31	State Dual Regional Semis/ Finals @TBA
Sat. February 3	Suburban League Tourn. (Barberton)
Sun. February 11	State Dual Final 8 @Columbus
Thurs. February 15	Ashland (H) SENIOR NIGHT
Sat. Feb. 24	Sectional Tournament (H)
Fri-Sat. March 2,3	Districts TBA
Th, Fri, Sat, Mar 8,9,10	State Tournament @ Columbus

"ROW YOUR BOAT TOWARD A STATE CHAMPIONSHIP"

-WIN #26-



2017-2018 WADSWORTH GRIZZLY WRESTLING VARSITY B



December 2 9:00 AM Copley Briggs Tournament
December 9 9:00 AM Big Walnut Tournament
December 14 6:00 PM Tri @Twinsburg/Stow
December 16 9:30 AM Redbird Inv.-Loudonville
December 28 8:00 AM Zanesville Winter Classic
January 4 6:00PM Tri Nordonia/N. Royalton (H)
January 6 10:00 AM Bedford Joe Searcy
January 11 10:00AM Tri Hudson/C. Falls (H)
January 13- 10:00AM Huskey Invite
January 18- 6:00PM Dual @Brecksville
January 20- 9:00 AM GIT
January 27- 10:00AM Narrah Graham Invite
@Chardon High School

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



2017-2018 WADSWORTH JV/F WRESTLING



December 11 5:00 PM Marlinton Iron Boy #1
December 14 6:00 PM Tri @Twinsburg/Stow
January 4 6:00PM Tri Nordonia/N. Royalton (H)
January 8 5:00 PM Iron Boy #2
January 11 10:00AM Tri Hudson/C. Falls (H)
January 18- 6:00PM Dual @Brecksville
January 29- 5:00 PM Iron Boy #3
February 10- 10:00 AM Marion Pleasant Tournament

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

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.

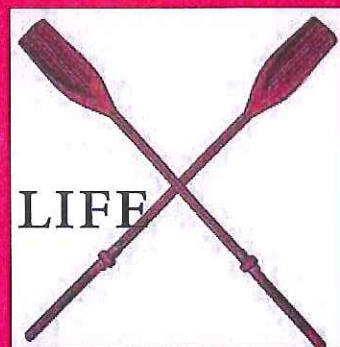
Our goal should be to represent ourselves in a virtuous and Christ-like manner.

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.

ROW YOUR BOAT TOWARD A STATE CHAMPIONSHIP

OARS IN THE WATER-

THE ENERGY YOU BRING IN YOUR LIFE



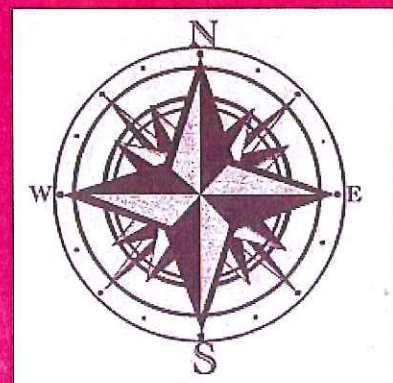
THE BOAT-

SACRIFICE WHAT YOU ARE WILLING TO GIVE

COMPASS-

THE DIRECTION SET BY THE LEADER.

THE ULTIMATE GOAL OF THE BOAT



The Importance of Multi-sport Participation

By Mark Rerick on June 01, 2016

coaches

One of the biggest debates that has been pushed into today's youth sports culture is whether athletes are best to specialize in one sport or try their hands at participating in multiple sports. Because of the prevalence, access, and influence of club based sports, we're seeing more of our high school athletes specialize at an earlier age. In our post-season player surveys, I often read responses from underclassmen who are planning on dropping one sport in order to focus on their "main" sport the next year. As participation rates in most of our sports continue to decline, we try to actively combat this trend by pushing out information to our students.

Advocates of single sport specialization point to the "necessity" of year-round skill development in order to give athletes a chance at becoming good enough to play a sport beyond high school. While this method certainly works well for those who are naturally talented (see Tiger Woods or almost any Olympic gymnast), specialization still isn't a guarantee for anything. In order to meet the goals of our educational-based programs, we focus on several other aspects of participation in our programs.

The main goal within our department is making sure the students are enjoying their time in our programs; we want them to have fun. If athletes want to play multiple sports, we're hoping that the adults in their lives are encouraging them to play multiple sports. Too often, the pressure to specialize comes from an adult, either a coach or a parent. If less than seven percent of high school athletes move on to college sports (and only three percent earn an athletic scholarship), we need to focus our programming on the other 93 percent of our participants. If we have 500 participants in our high school, encouraging early specialization is only going to benefit roughly 35 of those athletes, and many of those 35 athletes would have moved on to college sports anyway. Since most athletes prefer multi-sport participation, we want to create a culture that encourages multi-sport participation.

For those athletes who choose to specialize for the potential to advance to or beyond high school, it's important for coaches and parents to be honest with them. The increased time, cost, and effort commitment is not a guarantee that anything awaits the athlete down the road. Any athlete who fully commits to a sport needs to be comfortable knowing that the end will come at some time, and probably sooner than the athlete was hoping.

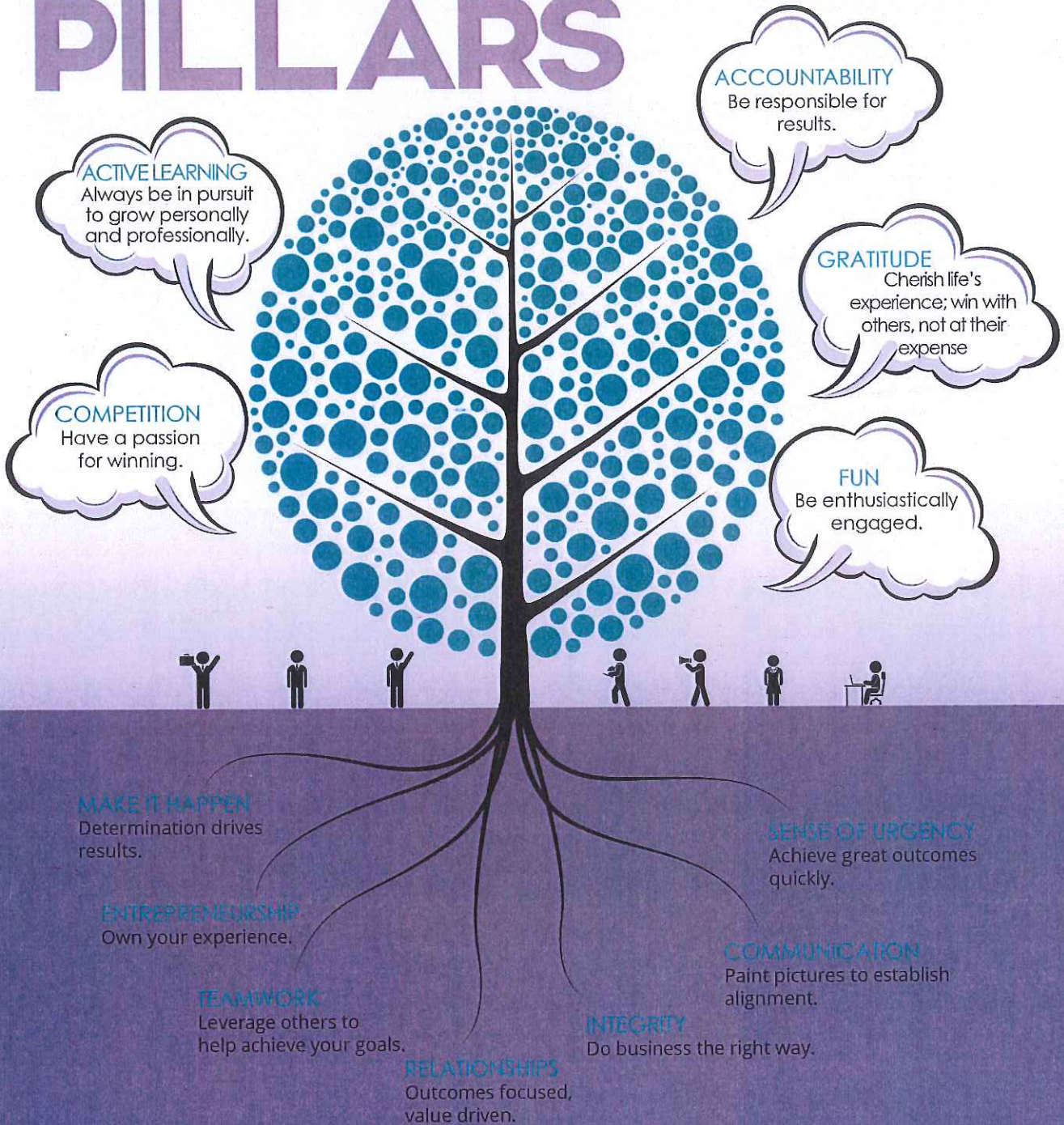
There are several detriments for kids who specialize. The first is facing a greater risk of burnout. Kids get bored when they have to do the same thing over and over again. Couple that repetition of the same activity with outside pressure placed on the athlete by adults, and it's a perfect recipe for burnout. Burnout can be caused by many factors, but it ultimately occurs when athletes feel helpless about their ability to meet external (or internal) expectations.

or athletic agility by participating in a variety of sports. The athletes who are genetically gifted can still benefit greatly from participating in many different sports.

Because the majority of our youth athletes can benefit greatly from multi-sport participation, it is important to create a department philosophy and culture that encourages our students to stay involved in activities.

the environment that feeds the tree

PILLARS



VALUES

the roots of the tree

THE POSITIVE TEAM PLEDGE

I pledge to be a positive leader who sets the example for my teammates through my positive attitude and actions.

I promise to share positive energy and encouragement with my team.

I will not be an energy vampire nor will I sabotage myself and team with negativity, complaining and excuses.

When I make a mistake I will own it and seek to improve.

When I'm not performing well I will stay positive and strive to get better.

When I experience self-doubt I will remember a time when I succeeded.

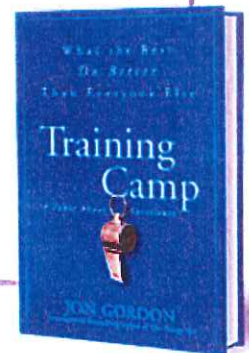
When I feel fear I will choose faith.

When I face adversity I will find strength.

When my team experiences a defeat I will choose to stay positive and prepare to achieve another victory.

With hard work, determination and faith, I will never give up and will always help my team move forward towards our vision and goals.

Today and every day I will be positive and strive to make a positive impact on my team.



Find more positive resources for teams at
www.JonGordon.com



You Can't Get Pinned When You're on Top

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.

10 THINGS THAT REQUIRE ZERO TALENT

1. BEING ON TIME
2. WORK ETHIC
3. EFFORT
4. BODY LANGUAGE
5. ENERGY
6. ATTITUDE
7. PASSION
8. BEING COACHABLE
9. DOING EXTRA
10. BEING PREPARED

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

The Iceberg Illusion

Success is an iceberg

SUCCESS!

WHAT PEOPLE SEE

Persistence



Failure



Sacrifice



Disappointment



WHAT PEOPLE DON'T SEE

Dedication



Hard work



Discipline

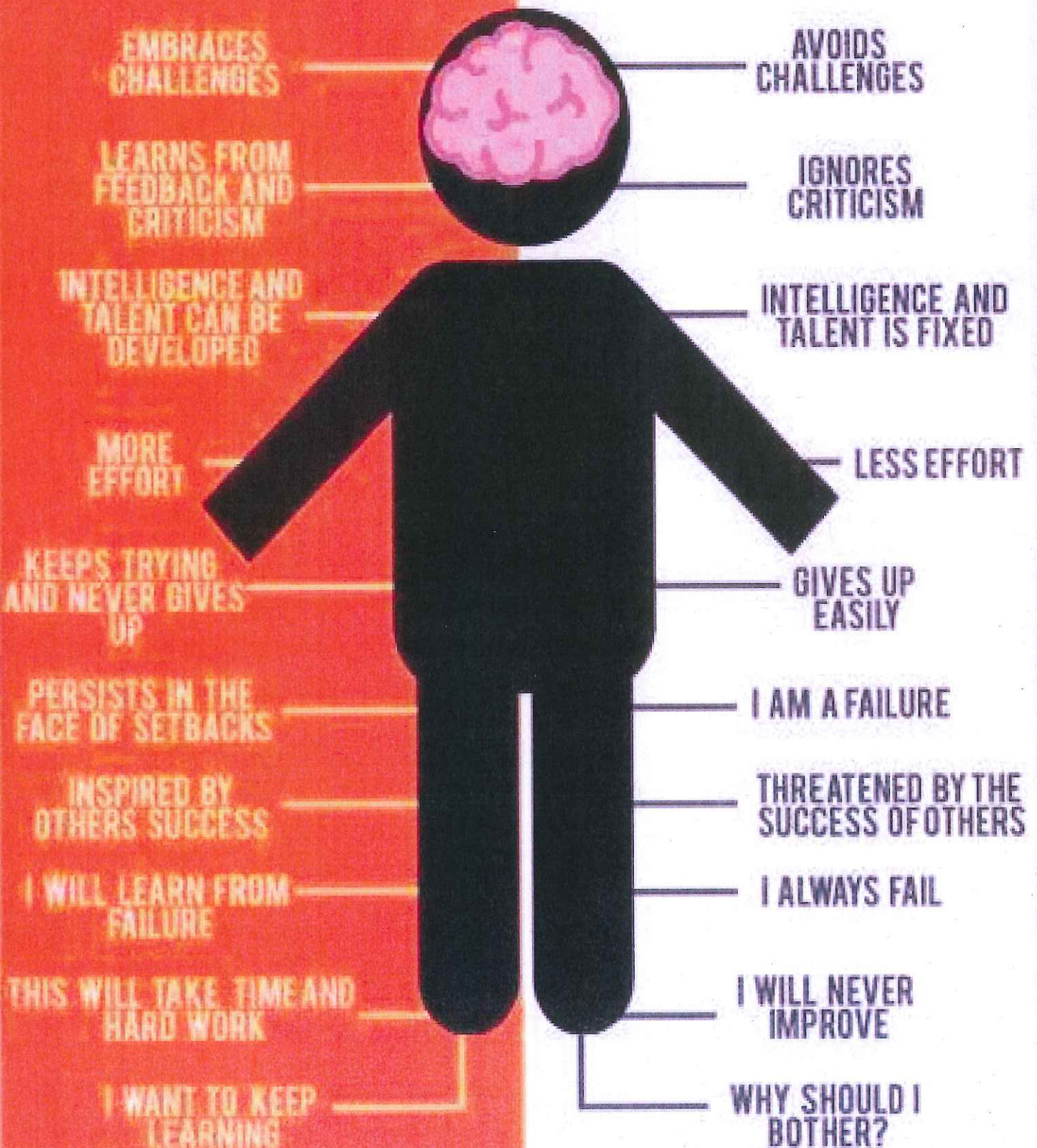


@sylvia duckworth

GROWTH MINDSET

VS.

FIXED MINDSET



14 THOUGHTS ABOUT BUILDING A GREAT CULTURE

1. Great leaders build and drive great cultures. They know it's their number one priority. They can't delegate it. They must lead and be engaged in the process.
2. Culture is the reason why great organizations have sustained success. Culture drives expectations and beliefs. Expectations and beliefs drive behavior. Behavior drives habits. Habits create the future.
3. Culture beats strategy. Strategy is important but it is your culture that will determine whether your strategy is successful.
4. If you focus on the fruit of the tree (outcomes and numbers) and ignore the root (culture) your tree will die. But if you focus on and nourish the root you always have a great supply of fruit.
5. When building a team and organization you must shape your culture before it shapes you. A culture is forming whether you like it or not. The key is to identify what you want your culture and organization to stand for. Once you know the values and principles that you stand for, every decision is easy to make; including the people you recruit and hire.
6. A culture of greatness doesn't happen by accident. It happens when a leader expects greatness and each person in the organization builds it, lives it, values it, reinforces it and fights for it.
7. Culture is dynamic, not static. Everyone in your organization creates your culture by what they think, say and do each day. Culture is lead from the top down but it comes to life from the bottom up.
8. Your culture is not just your tradition. It is the people in your building who carry it on. –Brad Stevens, Head Coach, Boston Celtics
9. When leading a new team or organization, it will take longer to build a new culture if you allow negative people from the previous culture to contaminate the process.
10. When you build a strong, positive culture most of the energy vampires will leave by themselves because they don't fit in. But you may also have to let a few energy vampires off the bus.
11. Creating a culture where people are afraid to fail leads to failure. Allowing people to fail and learn from failure ultimately leads to success.
12. Change is a part of every culture and organization. Embracing change and innovating will ensure that your organization thrives.
13. Progress is important but when innovating and driving change make sure you honor your tradition, purpose and culture. This generates power from your past to create your future.
14. Culture is like a tree. It takes years to cultivate and grow and yet it can be chopped down in a minute. Protect your culture.

Detroit Free Press

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WRESTLING

Cornell wrestling champ Gabe Dean (Lowell) inspired by youth's cancer fight

By **Carlos Monarrez, Detroit Free Press** March 24, 2016

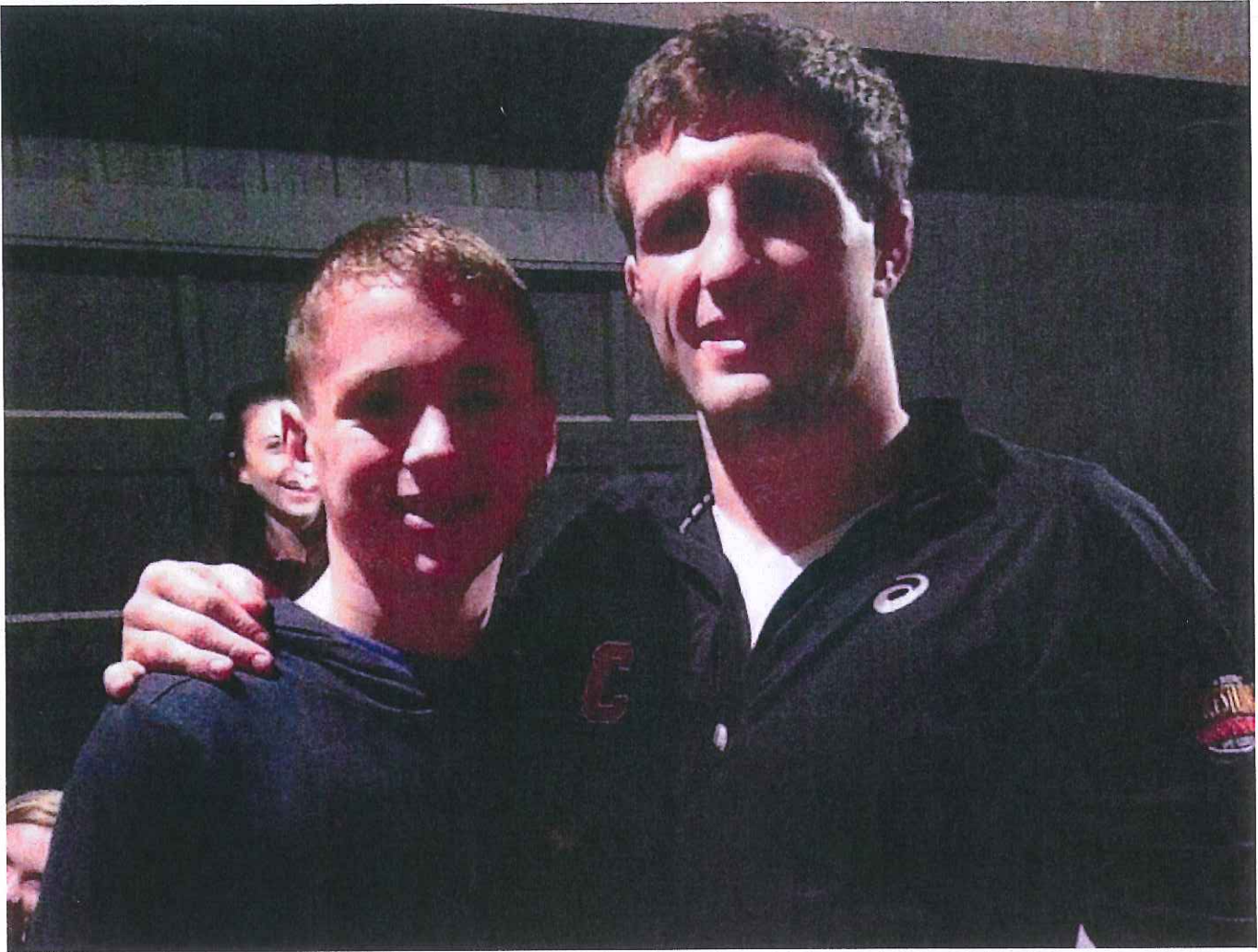
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Grant Pratt and Gabe Dean

Two days after Gabe Dean won his second straight NCAA title at 184 pounds, the Cornell wrestler from Lowell was talking about losing.

“If I wasn’t wrestling in the national finals this past weekend,” Dean said, “and if I didn’t win, I would have been OK because I’ve still got just a wonderful life and I’ve got an incredible family and I’ve got incredible friends. I’ve got an amazing program that I get to represent.”

This refreshing outlook in a 21-year-old college junior can be attributed to one person: Grant Pratt.

Shortly after Dean beat Nebraska’s TJ Dudley in Saturday’s NCAA wrestling finals at New York’s Madison Square Garden, he gave an interview live on ESPN. Dean was emotional and said he had gained perspective. He thanked Pratt, a 14-year-old eighth-grader at Lowell Middle School with acute lymphoblastic leukemia who was home in Michigan

watching on TV.

“Yeah, me and Grant were out there wrestling that night,” Dean told the Free Press. “It was not just me. He was out there with me. That one goes out to him, for sure.”

The Dean and Pratt families have been friends for years through a kinship built around school. Pratt’s father, Greg, is the Lowell Area Schools superintendent. Dean’s dad, Dave, was Lowell High’s wrestling coach, and his uncle, Noel Dean, is the school’s longtime football coach.

“We’d go over there for dinner and play euchre and swim in their pool,” Dean said. “And they’d come over to our house to play cards and hang out and play basketball. We just became really, really close family friends over time.”

Shortly after Pratt was diagnosed Nov. 30, Dean’s mother, Bethny, called her son to break the news.

Metro & state: Cornell’s Gabe Dean (Lowell) defends wrestling title

“I started to kind of tear up immediately,” Dean said. “I also was kind of in shock. It’s hard to understand those things. Why? Why something like that would happen to such a wonderful person and, a kid for that matter, that just loved sports and to be outside and do all those kinds of active things.”

That’s when Dean’s perspective began to change. He always had taken losing hard. As a freshman, Dean would cry after a loss or even a bad practice.

“The biggest thing this year for me, and Grant helped drive this home for me, is I think it’s really easy to value a lot of superficial things,” Dean said. “... As athletes, we tend to value winning and losing and sports so highly that it almost creates this fear of failure inside of us. We don’t compete to our full potential because we’re so wrapped up in just trying to win, and we’re so scared to lose and of failure.”

Dean began thinking about Pratt and how he has faced cancer the same way he has everything else in his life: straightforward and without remorse. When he thought about it, Dean said he had never seen Pratt cry. Not once. Even after losing a wrestling match as a youngster.

"He stays so even-keeled," Dean said. "He's been happy. I've never heard him complain one time. I've never heard him get sad one time. He's never felt sorry for himself through this whole process. And he keeps a very great outlook on life still."

Greg Pratt was at the hospital Tuesday, sitting next to his son as he received chemotherapy. Yes, Greg admitted, his son is built a little differently, but he also has had a strong influence.

"Grant's been a mature kid since birth," Greg said. "He's somebody that works really hard. But I really think Gabe should be taking a lot of the credit because Grant looks up to people like Gabe. Gabe's been kind of a hero to him."

"Grant wants to wrestle and go to Cornell now. All those things that Gabe achieved, Grant would love to follow in his footsteps."

When Dean looked into the camera Saturday night and dedicated his victory to Grant, Greg Pratt said his son's face lit up over the unexpected gesture. But Grant had an inkling of what Dean might do.

"Yeah, I guess I could say I expected it," Grant said. "Gabe's a great kid, and I've always looked up to him."

Grant is about halfway through the intensive phase of his treatment. Greg Pratt said his son is doing well and the prognosis is good. On Monday, Grant attended school and Greg returned to work. Everyone was buzzing with excitement.

"The whole town's talking about Gabe and his success and the shout-out he gave to Grant," Greg said. "Grant went to school for a few hours Monday, but then we've been at the hospital since, so we haven't had a lot of chance to interact or mingle. But I know Grant's really proud of Gabe."

In fact, Grant will get to say that for himself next week, when Dean comes home for spring break. Dean said he would give the wrestling shoes he wore in the final to Grant. Who knows? Maybe they'll come in handy one day when Grant wears them to wrestle for Cornell.

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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.

“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 ¾ 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 10% rule real?](#)

The story of Itzler and the SEAL sounds amazing, but does the 10% rule actually have science behind it,

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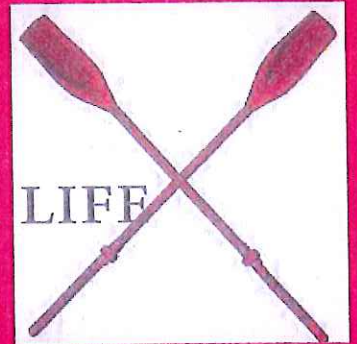
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