

Road to a State Championship Calendar

September 2018

"YOU GOTTA BE HUNGRY"



**WORK ON
KEEPING
GOOD GRADES**

BE LEADERS!

KEEP LIFTING!

**GET A
PHYSICAL!**

**10TH ANNUAL
GOLF OUTING
SEPT. 23RD
9AM**

**START
RUNNING MORE!**



	SUNDAY August 26	MONDAY August 27	TUESDAY August 28	WEDNESDAY August 29	THURSDAY August 30	FRIDAY August 31	SATURDAY 1
	BattleZone 6:00-7:00PM	WEIGHTLIFTING 2:50-4:00PM		WEIGHTLIFTING 2:50-4:00PM BattleZone 6:00-7:00pm	OPEN MATS 6:30-8:00PM	WEIGHTLIFTING 2:50-4:00PM FOOTBALL vs. WOOSTER (A)	OFF REST AND RECOVER
	2 No BattleZone	3 No School No Weightlifting Labor Day	4	5 WEIGHTLIFTING 2:50-4:00PM BattleZone 6:00-7:00pm	6 OPEN MATS 6:30-8:00PM	7 WEIGHTLIFTING 2:50-4:00PM FOOTBALL vs. MEDINA (H)	8 Boot Camp 10:00AM Zollinger's/ Pool Party
	9 BattleZone 6:00-7:00PM	10 WEIGHTLIFTING 2:50-4:00PM	11	12 WEIGHTLIFTING 2:50-4:00PM BattleZone 6:00-7:00pm	13 OPEN MATS 6:30-8:00PM	14 WEIGHTLIFTING 2:50-4:00PM FOOTBALL vs. NORDONIA (H)	15 Community Service-Wheel Chairs 8:00am
	16 BattleZone 6:00-7:00PM	17 WEIGHTLIFTING 2:50-4:00PM	18	19 WEIGHTLIFTING 2:50-4:00PM BattleZone 6:00-7:00pm	20 OPEN MATS 6:30-8:00PM	21 WEIGHTLIFTING OFF FOOTBALL vs. STOW(A)	22 Boot Camp 8:00AM TBA
	23 Golf Outing @Rawiga Golf Course 9:00am	24 WEIGHTLIFTING 2:50-4:00PM	25 1st Day of CONDITIONING 2:50-4:00PM	26 WEIGHTLIFTING 2:50-4:00PM BattleZone 6:00-7:00pm	27 CONDITIONING OPEN MATS 6:30-8:00PM	28 No School OFF Weightlifting FOOTBALL VS CUY. FALLS (H)	29 OFF REST AND RECOVER
	30 BattleZone 6:00-7:00PM	Oct 1 WEIGHTLIFTING 2:50-4:00PM	Oct 2 CONDITIONING 2:50-4:00PM	WRESTLING ROOM 330-335-1925 Coach Clay Wenger 330-414-6671 battlezonefitness@gmail.com			

"CHASE DOWN A STATE CHAMPIONSHIP"