

Road to a State Championship Calendar

September 2017



"14 GLADIATORS BRINGS HOME ANOTHER STATE TITLE"

**WORK ON
KEEPING
GOOD GRADES**

**WORK SIX
HOURS A WEEK!**

KEEP LIFTING!

**GET A
PHYSICAL**

**9TH ANNUAL
GOLF OUTING
RIDGETOP GOLF
COURSE
OCT. 22ND
9AM**

**START
RUNNING MORE!**



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