



Road to a State Championship Calendar

October 2017

"14 GLADIATORS BRINGS HOME ANOTHER STATE TITLE"

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
OCT. 22 9TH ANNUAL GOLF OUTING	Sept 24	Sept 25 WEIGHTLIFTING 2:55-4 PM	Sept 26 1st day of CONDITIONING 2:55 PM- 4:00PM	Sept 27 WEIGHTLIFTING 2:55-4 PM	Sept 28 CONDITIONING OPEN MATS 6:30-8pm	Sept 29 WEIGHTLIFTING 2:55-4 PM FOOTBALL VS CUY. FALLS (A)	Sept 30 OFF REST AND RECOVER
OCT. 22 COLLEGE COMBINE @BZ 10 AM	Oct. 1	2 WEIGHTLIFTING 2:55-4 PM	3 CONDITIONING 2:55 PM- 4:15PM	4 WEIGHTLIFTING 2:55-4 PM	5 CONDITIONING OPEN MATS 6:30-8pm	6 WEIGHTLIFTING 2:55-4 PM FOOTBALL VS N ROYALTON (A)	7 Bootcamp TBA 7:55AM
SUPER 32 OCT. 28-29	8	9 WEIGHTLIFTING 2:55-4 PM	10 CONDITIONING 2:55 PM- 4:15PM	11 WEIGHTLIFTING 2:55-4 PM	12 CONDITIONING OPEN MATS 6:30-8pm	13 WEIGHTLIFTING 2:55-4 PM FOOTBALL VS TWINSBURG(H) Homecoming	14 Rest and Recover
GET AN EXTRA WORKOUT!	15	16 WEIGHTLIFTING 2:55-4 PM CPR- WHS-6 PM	17 CONDITIONING 2:55 PM- 4:15PM	18 WEIGHTLIFTING 2:55-4 PM	19 CONDITIONING OPEN MATS 6:30-8pm OSU CoachesClinic	20 NO SCHOOL No LIFTING FOOTBALL VS BRECKSVILLE(H) WR Parents 50-50 OSU CoachesClinic	21 Bootcamp TBA 7:55AM
KEEP LIFTING!	22 9TH ANNUAL GOLF OUTING RIDGETOP GOLF COURSE 9AM-3 PM 2ND ANNUAL COLLEGE COMBINE 10AM-1PM	23 WEIGHTLIFTING 2:55-4 PM	24 CONDITIONING 2:55 PM- 4:15PM	25 WEIGHTLIFTING 2:55-4 PM	26 CONDITIONING OPEN MATS 6:30-8pm	27 WEIGHTLIFTING 2:55-4 PM FOOTBALL vs. HUDSON (A)	28 Super 32 8:00AM
WORK ON KEEPING GOOD GRADES!	29 Super 32 8:00AM	30	31	Nov 1	Nov 2		
GET A PHYSICAL!							
EAT RIGHT...							

Coach Gramuglia 330-606-1064
Coach Matt Hulme 330-328-0961
Coach Clay Wenger 330-414-6671

"CAN'T BE BROKEN"
GET #25