



The West Holmes Knight Wrestling Newsletter By Bret E. Curren

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Summer Strength Training Announced By Coach Vaughn

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WEST HOLMES WRESTLING

Busy Summer Schedule For Knights Wrestlers

West Holmes Wrestling: West Holmes wrestling head coach Scott Vaughn will make sure his wrestlers stay busy this summer with several announcements regarding the summer break.

Strength Training: Knights high school and middle school wrestlers looking to improve their physical strength will have that opportunity as Coach Vaughn will hold strength training sessions every Monday, Wednesday, and Thursday from 6:00 a.m. to 7:00 a.m. beginning Wednesday, May 31 and continuing throughout the summer months. The strength training sessions will take place in the West Holmes High School wrestling and weightlifting rooms.

Exclusive West Holmes Three-Day Clinic: Coach Vaughn has arranged an absolutely free three-day clinic exclusively for West Holmes wrestlers happening June 19 – 21 in the wrestling room at West Holmes High School. The clinic will be conducted by guest clinician and West Holmes wrestling legend Colt Sponseller. Elementary wrestler clinic sessions will be held from 6:00 p.m. to 7:00 p.m. and middle school/high school wrestler's sessions will take place from 7:00 p.m. to 8:00 p.m. over the three days. The clinic sessions, free of charge, are for West Holmes wrestlers ONLY.

Sponseller, a 2007 graduate of West Holmes, finished his high school wrestling career for the Knights as a three-time state champion (2005 – 2007), a four-time state qualifier (2004 – 2007), and a two-time national high school champion (2006 – 2007). W.H.H.S. wrestling's all-time wins leader (156) also holds several school records including best season win-loss record (49 – 0 in 2007); best overall career record (156 – 13, 2004 – 2007), most season pins (36 in 2007), and most season takedowns (219 in 2007). As well, Sponseller was tabbed by *Amateur Wrestling News* in 2006 as the 6th ranked high school wrestler in the nation, regardless of weight class. Receiving a scholarship to wrestle at The Ohio State University following his graduation from West Holmes, Sponseller garnered All-American honors in 2011 with a 4th-place finish in the NCAA national championship tournament after qualifying his sophomore and junior seasons as a Buckeye. In Big Ten tournament action, Sponseller was a two-



time runner-up (2011, 2010) and placed fourth in 2009. Sponseller ended his Buckeye career as four-year letter winner with a 105 – 24 mark, was a team captain (2011), and was a three-time NWCA All-Academic Team member (2008, 2010 – 2011) and a two-time Academic All Big Ten honoree (2010 , 2011). Sponseller also is in the OSU wrestling record book holding the 13th spot in career win percentage (.814), 14th in career team points (364.5), and 2008 – 2009 team wins leader (34) and 2010 – 2011 team wins leader (25). Competing in freestyle wrestling Sponseller earned the Team USA Freestyle Men’s University national titles in 2010 and 2011, the 2012 Team USA Men’s University Freestyle World Team national championship, and claimed the bronze medal at the 2012 Men’s University Freestyle World Championships. Sponseller spent three seasons as an assistant wrestling coach at Edinboro University (2012 – 2015) and the past two seasons as the first assistant coach at Ohio University.

Summer Team Camp: Current West Holmes high school wrestlers and incoming freshman are reminded by Coach Vaughn that registration for the summer team camp is quickly approaching and encourages those that have not registered to do so soon. The Knights will take part in the June 22 – 26 summer team camp at the University of North Carolina in Chapel Hill, North Carolina. Wrestler’s needing to register can register through the following link:

<https://docs.google.com/document/d/1E4CV87YxYvM0kGJndCdHpuuk7xak7u-pPvzckubK2J4/edit>

ON THE CALENDAR

OFF-SEASON SCHEDULE

5/25 – Thurs. - Weightlifting – West Holmes High School – Millersburg, OH – 4:00 p.m.
5/31 – Wed. – Strength Training – West Holmes High School – Millersburg, OH – 6:00 a.m. to 7:00 a.m.
5/31 – Wed. - Solon Open Mats – Solon High School – Solon, OH – 6:30 p.m. to 8:30 p.m.
6/1 – Thurs. – Strength Training – West Holmes High School – Millersburg, OH – 6:00 a.m. to 7:00 a.m.
6/5 – Mon. – Strength Training – West Holmes High School – Millersburg, OH – 6:00 a.m. to 7:00 a.m.
6/7 – Wed. – Strength Training – West Holmes High School – Millersburg, OH – 6:00 a.m. to 7:00 a.m.
6/7 – Wed. - Solon Open Mats – Solon High School – Solon, OH – 6:30 p.m. to 8:30 p.m.
6/8 – Thurs. – Strength Training – West Holmes High School – Millersburg, OH – 6:00 a.m. to 7:00 a.m.
6/12 – Mon. – Strength Training – West Holmes High School – Millersburg, OH – 6:00 a.m. to 7:00 a.m.
6/14 – Wed. – Strength Training – West Holmes High School – Millersburg, OH – 6:00 a.m. to 7:00 a.m.
6/14 – Wed. - Solon Open Mats – Solon High School – Solon, OH – 6:30 p.m. to 8:30 p.m.
6/15 – Thurs. – Strength Training – West Holmes High School – Millersburg, OH – 6:00 a.m. to 7:00 a.m.
6/19 – Mon. – Strength Training – West Holmes High School – Millersburg, OH – 6:00 a.m. to 7:00 a.m.
6/21 – Wed. – Strength Training – West Holmes High School – Millersburg, OH – 6:00 a.m. to 7:00 a.m.
6/19 – 6/21 – Mon. – Wed. – Colt Sponseller Clinics – West Holmes High School – Millersburg, OH – Elementary 6:00 p.m. to 7:00 p.m.; Middle School/High School 7:00 p.m. to 8:00 p.m.
6/22 – Thurs. – Bus Departs For Summer Camp – West Holmes High School – Millersburg, OH – 6:00 a.m.
6/23 – 6/25 – Fri. – Sun. – Summer Team Camp at University of North Carolina – Chapel Hill, NC
6/26 – Mon. – Return From Summer Team Camp – West Holmes High School – Millersburg, OH – 9:00 p.m. to 10:00 p.m.
Mon., Wed., Thurs. (throughout summer) - Strength Training – West Holmes High School – Millersburg, OH – 6:00 a.m. to 7:00 a.m.