



NEWS FROM THE SPARTAN NATION

Issue XI
April 3, 2007

Dear Spartan Supporters,

The third nine weeks is usually our toughest to attain our goal of a 3.0 GPA. We came very close and attained a 2.98. With the last grading period upon us our team must buckle down and achieve 5 passing credits. Gym is the only class that does not count as a whole credit. There is a false conception that in high school an athlete can go to summer school to make up a credit for eligibility. This perception is false for high school sports. Please help me keep a close tab on your son so that we can have 100% of our team eligible for next season.

On the third page of our newsletter I have included a schedule for the ACT. All of our senior football players should have taken this already and if your son is a junior it is never too early to get this done. It does not hurt to take it as many times as possible.

14,555 pounds is what our team achieved at the Columbiana weightlifting competition. This breaks the all time team total record by over 1,000 pounds. We also broke 8 individual records for this meet. I was extremely proud of our young men on how they acted and competed. This is definitely a true reflection at how hard they have worked so far this offseason. The next page has all of the lifters listed that placed or broke a record. I would also like to mention that Evan Klepec, Mike Sypert, Damien Jarrett, and TJ Jordon won the goals competition. All four of them achieved 4 out of 5 of their goals in the weightroom.

2007 Schedule

| | | | |
|------|-------|--------------|------|
| Sat. | 8/11 | Lakeside | Away |
| Fri. | 8/17 | East | Home |
| Sat. | 8/25 | St. Ignatius | Away |
| Sat. | 9/1 | Toledo Start | Home |
| Fri. | 9/7 | Chaney | Home |
| Fri. | 9/14 | Jackson | Home |
| Fri. | 9/21 | Hoover | Home |
| Fri. | 9/28 | Perry | Home |
| Fri. | 10/5 | Lake | Away |
| Sat. | 10/13 | McKinley | Away |
| Fri. | 10/19 | GlenOak | Away |
| Fri. | 10/26 | Fitch | Home |

4.0

| | |
|---------------|-----------------|
| Ryan Holmes | Anthony O'Nesti |
| Greg Knight | Mark Ortenzio |
| Kevin Johnson | |

3.5 - 3.99

| | |
|----------------|----------------|
| Tyler Amendola | Alex Antonucci |
| Marc Fiore | Dontay Eaddy |
| Evan Klepec | Rob McBride |
| Rob Mowery | Greg Ferenchak |
| Mike Popio | Dave Macek |
| Dan Setz | Mike McKinney |
| Mike Sypert | Noah Patoray |
| Bryan Whitaker | |

3.0 - 3.49

| | |
|-------------------|-----------------|
| Jon Dana | Pat McFall |
| Nick Demarinis | Dan Morris |
| Adam Disibio | Dom Pasquale |
| Rhomteen Houshiar | Cameron Shaffer |
| Kevin Mills | Tim Strasik |
| Dean Mook | Nick Fajack |
| Jordan Paradise | Dan Fernback |
| Eric Polen | JT Moore |
| Taylor Truitt | Nelson Ocasio |
| Nick Tuminello | Jay Petch |
| Corey Linsley | Dylan Yuhas |
| Alex Lipinsky | |

Waynesburg is the Choice

Anthony Calcagni and Darryl "Juice" Moore have decided to continue their education and playing career at Waynesburg University. Waynesburg plays in the prestigious Presidents' Athletic Conference with the likes of Washington and Jefferson, Thiel, Bethany, Grove City, Thomas More. St. Vincent, Geneva, and Westminster. They are coached by Rick Shepas. who is from Youngstown and previously coached at Massillon Washington High School. Last year they finished in 2nd place with a 6 - 4 record.

Top Ten Squat

| | |
|----------|-----|
| Snovak | 515 |
| Sypert | 500 |
| Klepec | 460 |
| Linsley | 455 |
| Setz | 445 |
| Amendola | 435 |
| Morris | 435 |
| Jarrett | 430 |
| Shaffer | 430 |
| Strasik | 430 |

Top Ten Clean

| | |
|-----------|-----|
| Linsley | 300 |
| Sypert | 295 |
| Setz | 290 |
| Klepec | 285 |
| Morris | 285 |
| Tuminello | 280 |
| Amendola | 275 |
| Polen | 275 |
| McFall | 275 |
| Holmes | 260 |
| Paradise | 260 |
| Snovak | 260 |

Top Ten Bench

| | |
|-----------|-----|
| Linsley | 365 |
| Snovak | 330 |
| Sypert | 330 |
| Tuminello | 300 |
| Loffredo | 285 |
| Lipinsky | 280 |
| Strasik | 275 |
| Holmes | 270 |
| Jordon | 270 |
| Amendola | 265 |
| Setz | 265 |
| Jones | 265 |

Top Ten Deadlift

| | |
|----------|-----|
| Sypert | 565 |
| Linsley | 565 |
| Morris | 565 |
| Strasik | 560 |
| Snovak | 545 |
| Jarrett | 530 |
| Polen | 525 |
| Amendola | 505 |
| Setz | 500 |
| Jordon | 500 |

Top Ten 40

| | |
|-----------|--|
| Houshiar | |
| Jordon | |
| Amendola | |
| Dinello | |
| Jarrett | |
| Setz | |
| Mowery | |
| Strasik | |
| Antonucci | |
| Holmes | |

Top Ten Vertical

| | |
|-----------|------|
| Mowery | 30.5 |
| Amendola | 30.3 |
| Strasik | 30.2 |
| Eaddy | 29.8 |
| Houshiar | 29.5 |
| Setz | 29.5 |
| Dinello | 29.4 |
| Jarrett | 29.4 |
| Tuminello | 28.6 |
| Antonucci | 27.9 |

Results from the Columbiana Meet

Corey Linsley 2nd place
Matt Snovak 1st place
best bench
squat record
total record

Mike Sypert 2nd place
best bench

Alex Lipinsky 6th place
Dan Morris 3rd place
deadlift record

Eric Polen 6th place
Tyler Amendola 3rd place
Tim Strasik 1st place
deadlift record

Dan Setz 3rd place
Cameron Shaffer 5th place
Ryan Holmes 3rd place
Damien Jarrett 1st place
best squat
deadlift record
total record

Marc Centofanti 2nd place
best bench
3rd place
TJ Jordon 1st place
deadlift record
total record

Greg Ferenchak 3rd place
Matt Romeo 5th place

ACT TEST DATES REGISTRATION DEADLINE

April 14

March 9

June 9

May 4

October 27

September 21

December 8

November 2

STATE CHAMP

The Boardman Football Family would like to give congratulations to Justin Powell. Justin won the 215 pound Division 1 state championship. Next year Justin is going to attend Ohio University to continue his academic and wrestling career.

Lift - a - Thon

Thursday, May 24th we have scheduled the 21st annual Boardman Football Lift - a - Thon. The evening will start at 7:00 with a few announcements from the Gridiron, the coaching staff, and a guest speaker. The guest speaker will be announced at a later date. Then we will move into the gymnasium and watch our young men max out on the bench press.

OSU Field Trip

Saturday, March 30th the senior football players and coaches will be attending an Ohio State football practice. The purpose for this is to go and see first hand what some of the best players in the country are doing. Our young men will see that they are being taught the same drills and techniques that Jim Tressel and his staff teach his players. Also, they can see up close how big, strong, and fast they need to be to compete at that level. We will also get a chance to take a tour of their facilities. We will be leaving at 5:20 a.m. and returning approximately at 5:00 p.m.

PROGRAM GOALS

- 1. The TOUGHEST Team in Ohio**
- 2. Be a Great Teammate**
- 3. 3.0 GPA**
- 4. Win Against the Rival**