

Dates to Remember

- April 20th
Gridiron Meeting
- April 30th—May 1st
Prom & Relay for Life
- May 18th
Gridiron Meeting
- May 30th & 31st
Vendor Card Sales
\$10 per card
- June 1st
Graduation
- June 11th.
Annual Golf Classic
- June 15th
Gridiron Meeting
- July 5th—July 7th
Football Camps
(Mount Union, Freshmen)
- July 11th—14th
Youth Football Camp



2011 Underway



Traditions Continue and the Ravens are Stronger

A quarter of the year has nearly gone by and last years League Championship is still fresh in everyone's minds. The memories of last year have not distracted the Ravenna Ravens from focusing on what needs to get done in the off season.

In the last few months, student-athletes have been involved in rigorous work outs that are taking place at the high school. Athletes that are not currently participating in a spring sport are expected to participate in the football program's off-season workouts. Coaches will continue to work with athletes in the weight room from 2:45 p.m. to

4:30 p.m. every Monday through Friday. In addition, the 2011 Ravens can choose to be involved in some morning work outs and stretches. Coach Lunardi communicates with the student-athletes each week to share the morning work out schedule.

The Ravens look to have a strong team going into the 2011 season. The Ravens are looking to have a strong and quick offensive line, but have a pool of talent for the offensive and defensive lines as well as add a number of highly talented skill players.

But the traditions and strength's of the team doesn't end in the

weight room. The team continues to strengthen its character qualities through its dedication to community involvement. The Ravens have created care packages for the men and women in the armed services. Additionally the several of next years Senior Ravens have taken some time to visit elementary schools in Ravenna for The Right to Read Week; where the football players read stories to the students and interacted with the class afterwards, encouraging students to read more.

Back to Back PTC Championships

Coach Lunardi has led the Ravenna Ravens to the first Portage Trail Conference (PTC) Metro League back to back championships. The League, founded in 2005, was a restructure of the Portage County League (PCL). The reorganization of the league made it possible to better meet the needs of all the schools involved due to the

vast differences in student enrollment.

Since the league's inception, Ravenna has brought home three championship titles; 2007, 2009, and 2010. While Ravenna is proud of its current accomplishments, the student-athletes and coaches have already started planning for a future team goal. The last time

the Ravenna Ravens football team won three league championships in a row was back in the 1970's; 1973, 1974, and 1975. The upcoming football team has begun their quest to match that accomplishment by bringing home another league championship title in 2011. We wish the team well on their future endeavors to accomplish this!

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Stephen Wilmington (seated center) signs with Lehigh University. Looking on from left to right are Stephen's mother Kendra, Ravenna's head football coach Jim Lunardi, and Stephen's dad Craig Wilmington.



Impact Testing is **HIGHLY** recommended by Ravenna's Athletic Trainer and the Coaching Staff for any and ALL athletes to have done.



Coach Lunardi is interacting with students at Tappan Elementary during the athletes visit for Right to Read Week.

Senior Stephen Wilmington's Accolades:

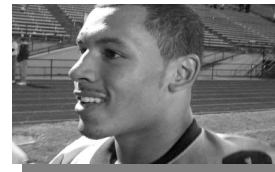
Stephen Wilmington of the Ravenna Raven's football program has a long list of academic and athletic accolades as a result of Stephen's natural and developed physical talent, as well as his dedication to his education.

This year, Stephen was named as a semi-finalist of the National Rudy Award; meaning he was one of fifty athlete nominees in the country that made it to the semi-final selection for the honor of

the Rudy Award. In addition to this, Stephen was named: All-Ohio First Team Defensive Back, A.P. Northeast Inland All-District Football Team, First Team Defensive Back, Portage Trail Conference Metro, League, Defensive Back of the Year, and OHSFCA North-South / Big 33 All Star Offense - RB Nominee.

It is no surprise that Stephen has become a Division One athlete; with his stats and honors that

extend beyond football. It wasn't his athletic abilities alone that got him there. Stephen is in the top 15% of his class and has earned a solid score on his ACT exam. Stephen is known for his leadership qualities on and off the field and will be an asset to Lehigh University.



Concussions in Sports — by Jon Greathouse, AT, ATC Athletic Trainer for Ravenna High School

In recent years, awareness of the potential for concussions in sports has increased dramatically. Athletes at all levels—especially the youth through high school levels—must know the facts about concussions in order to avoid serious and sometimes permanent consequences. Fortunately, physicians and athletic trainers now know more than ever about the recognition and proper management of con-

cussions. The following is a summary of what parents and athletes need to know about sports-related concussions.

A concussion occurs when the brain is shaken inside the skull, resulting in the disruption of normal brain activity. Concussions can occur from direct blows to the head, or indirect blows that transmit force to the head and neck. This may cause a

number of neurological symptoms, including headaches, blurred vision, balance problems, and memory loss. These symptoms may occur right away, or may develop over hours or days. It is important to know that the only thing that will allow these symptoms to resolve

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COMMUNITY INVOLVEMENT

The Ravens football team has pride for the community in which it resides in and enjoys being active and involved in different events throughout the year. In the last few years our athletes have been involved in volunteering their time at Long Meadow Retirement Home, raising funds and participating in the Relay For Life, reading to elementary students during Right to Read Week, volunteering and serving as mem-

bers on the Ravenna City Youth Council and donating/packaging boxes for men and women in the



service as part of the "Operation: Shoe Box". The connections and commitment to the community is

an important part of who the Ravenna Ravens are as a team. With the support of the coaches, parents and other volunteers, we are able to instill a sense of responsibility to the community that supports them and to create bonds with members of society. If you would like to help or be a part of the Ravens Community Involvement Program, please contact any member of the Ravenna Gridiron Club or Coach Lunardi.

THE NEW RIVALRY TROPHYTHE BIG "R".

For the past 11 years, the Kent Rough Riders and the Ravenna Ravens have been competing for the Millennium cup. The trophy was originally to be awarded to the team who earned the most wins between the year 1999 and 2008. However, both teams had earned the same amount of wins, so an eleventh year (2009) was required for a tie breaker. It was an intense and exciting game for everyone!

It's no surprise that Ravenna and Kent have one of the longest and most intense rivalry. This rivalry has given fans some outstanding football match-ups. For over 80 years these two teams have battled on the football field, leaving a remarkably close rivalry record. The record currently stands in favor of Ravenna with 45 victories to Kent's 43 victories.

While the rivalry for the Millennium Cup has ended, a new trophy has arisen. The two schools

will now compete for "Big R", a glass trophy that will annually travel to the winning school.

In the fall of 2010, the first season of the "Big R" trophy, Ravenna brought defeated Kent, 28 to 14, in order to be the first team to mark a "W" on the newly crafted glass trophy!

Even the mayor from each school



district stepped up the rivalry and agreed to participate in fun competitive activities that preceded game night. The Record Courier printed parts of these events in an article published on October 5, 2010. *"To add a little fuel to the fire the Ravenna Mayor*

and Kent Mayor have announced some side wagers with the spoils and bragging rights going to this year's winners."

Well thanks to our 2010 Ravenna Ravens team, Mayor Bica should have a lot to brag about for the next twelve months! Come on, let's hear it!

Adding to the suspense and importance of the nearly hundred year old rivalry game, the move of when the game is now to be played has elevated the importance of the rivalry. Starting this 2011 football season the game will be the last regular season game played by either team and thusly elevating the stakes of the game. Predictions for this coming season is that not only is the rivalry at stake but so will the leagues title as Champions. Additionally the game can play a significant importance to either or both teams in terms of making it to the state play-offs.

THE 13TH ANNUAL GRIDIRON GOLF CLASSIC

The Ravenna Gridiron Club is holding its 13th annual golf outing on June 11, 2011. This will be the second year that the golf outing will be held at the Aurora Golf Club, in Aurora, Ohio. Registration starts at Noon, followed by a lunch and a 1:00 p.m. shotgun start.

The Aurora Golf Club is a championship golf course that winds through 220 acres of

spectacularly crafted landscape. In addition, a 17,000 square foot club house provides the necessary space and amenities needed to host this event.

For more information regarding The Aurora Golf Club, please visit www.auroracountryclub.org

The golf outing event is limited to 144 people, or 36 foursomes. Don't wait to reserve your spot,

get your team together and contact Coach Lunardi to put your registration paper in.

For more information regarding the 13th Annual Gridiron Golf Classic or to get a registration form, please contact Coach Lunardi at (330) 296-3844 ext: 1408 or visit us online at www.RavennaFootball.com



Ravenna Football Team's Seniors pose after winning the 2010 PTC League Championship Title.

"Ravenna Varsity Football Team Takes Another League Championship Title in 2010."



School Spirit at its best. Students from Ravenna High School were proudly displaying their team and school spirit.



Sean Kainrad and Terry Van-Hoose posing for the camera at the Ravenna Gridiron Golf Classic

FOOTBALL CAMP

MOUNT UNION CAMP: Every year the high school football team travels to Mount Union College for their football camp. This time away from home allows the athletes and the coaches to build camaraderie. Mount Union creates a friendly, but competitive atmosphere where a variety of high school teams can practice against and learn from each other. This camp is for the team's sophomores, juniors and seniors. Camp cost is \$190.00 per athlete.

CAMP DATES: July 5th-7th, 2011

FRESHMEN CAMP: While the upperclassmen are away at camp, a Freshman Football Camp will take place. This camp includes the 7th, 8th and 9th grade student-athletes. The middle school's 7th and 8th grade teams will practice for three days with the incoming freshmen to build individual and team skills. Camp cost is \$20.00 per athlete.

CAMP DATE: July 5th-7th, 2011

YOUTH FOOTBALL CAMPS: Once again, the high school football program will run two separate camps for our youth players. Each camp will run for two days. All participants will get a free camp t-shirt and a pizza party on the last day. Camp cost is \$20.00 per athlete.

Anyone interested in the above camps should contact Coach Lunardi for a registration form.

CAMP DATES:

C Team: July 11th & 12th

A & B Teams: July 13th & 14th

completely, is time. It is also important to know that the younger the athlete is, the longer the athlete will take to recover. Returning an athlete to activity before the brain has completely healed may lead to life-threatening consequences. If someone with an injured brain suffers a second blow, massive swelling and permanent brain damage could occur. In some cases, with Second Impact Syndrome, death has even occurred. This is why proper management of concussions is so important.



Athletic trainers are healthcare professionals that have extensive training in working with athletes. At Ravenna High School, our athletic trainer, Mr. Jon Greathouse, helps the district follow standard operating procedure for concussion care. When an athlete is suspected of having suffered a concussion, he/she is removed from their athletic activity for the remainder of the day. I perform an evaluation to confirm the diagnosis of concussion and to assess the severity of the injury. I then notify the athlete's parents and educate them about what to watch for in the next 24-48 hours. Emphasis is placed on getting adequate rest. This means refraining from not only sports, but also activities that may over-stimulate the brain such as excessive computer/television screen time, listening to loud music, and driving. I continue to monitor the athlete's symptoms on a daily basis and once all symptoms resolve, the athlete is taken through a progressive, step-by-step return-to-activity progression. This ensures that the brain is completely healed and is ready to resume full activity. If normal healing does not seem to be taking place or the injury seems unusually severe, the athlete may be referred to Ravenna's Team Physician, Dr. Tom Bartsokas, for further evaluation.

In the absence of a medical professional, the responsibility of dealing with a concussion falls on parents and coaches who often have little to no training in concussions. For this reason, educating the public about concussions is essential. The Ohio High School Athletic association has taken steps to promote proper concussion management. A new OHSAA bylaw states that any athlete suspected of suffering a concussion must be removed from activity immediately and may not return until cleared by an athletic trainer or physician.

Proper management of concussions by all parties involved ultimately increases the athlete's health and safety. If a concussion is suspected, remove the athlete from activity and have him/her evaluated by the proper medical professional. As the saying goes, "When in doubt, sit them out." For more information, please visit www.summahealth.org/sportshealth or contact me at: jonathangreathouse@ravenna.portage.k12.oh.us.



GRIDIRON GAZETTE

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