

Tom Tomeo Training System (T3) Wrestling Club

www.tomeowrestling.com

Location: Walnut Ridge Wrestling Training Facility (Other Locations Available)
720 Sunset Blvd Ellwood City, Pa 16117

Dates: Phase I April 3RD- end of May

Emphasizing Freestyle for Jr. High & Older Group, Emphasizing Folkstyle for Elementary Group.
Other Styles will be covered as needed for any upcoming competitions.

Times: Elementary- Sunday 4:00-5:00 Tues. 6:00-7:00
Jr. High. Hi School, College & Veteran- Sunday 5:00-6:30 Tues. 7:00-8:30

Costs: Older Group \$15 per training or \$75 per month...2 or more same family \$10 off each
Younger Group \$12 per training or \$60 per month...2 or more same family \$10 off each

**If going to two training locations both months: \$150 older group/\$120 youth group

**If going to one location both months: \$125 older group/\$100 Youth group

Members with at least 1 month membership registration get a video analysis and nutrition analysis included per phase. Also included with private lessons. **Team Rates available-ask for details.**

Training System Developed and Implemented by Tom Tomeo

-2004 Olympic Freestyle Wrestling Coach

-World Cup Coach, University Worlds Coach and International Tour Coach

-Clarion, Buffalo, Cumberland, Slippery Rock University Coach and Sunkist Kids Coach

-Head High School Coach and Current Consultant for School Wrestling Programs

-Developer of Tom Tomeo All-American Academy & T3 Club, Camps & Clinic Systems

-Has trained, coached and mentored athletes of all ages and levels to success

Tom will be assisted by a highly trained and successful staff of coaches and competing athletes like:

Matt Herrick- Bath, N.Y., Wr. Club Director Mansfield Univ., Varsity Referee, Club Tourn. Director

Zach Maisner- Head Asst. at Mars.H.S., Multiple H.S. & Club Coach, Web Developments

John Hazi- 2x PIAA Champ Reynolds H.S, 8X National Freestyle & Greco All-American, Pitt Univ.

Nico Megaludis-NCAA Div. I Finalist, Penn State National Champs, 3X PIAA Champ, 170-1 Record

Aaron Schettler-2011 Grad S.V.H.S., Team Captain, T3 Club Athlete for several years

Other Clinicians including Penn State National Champions are being added now

Phase II will be a Summer Camp Series. There will be two or three weeks of this series: one at Walnut Ridge Wrestling Training Facility, one in south Mercer County and possibly one in north Pittsburgh.

Phase III is a Fall Folkstyle series that will prepare wrestlers for the upcoming school season.

Phase IV is a winter training series that will follow the school season. This group will consist of Elite Invitation only athletes preparing them for the State Championships.

Also available to travel for clinics and camps--ask for details It is recommended athletes attend the 4 phases, but since they are run independently, it will not be required. Wrestlers need to provide a USA/PAWF wrestling card which is available online (T3 club). This will allow the wrestlers to compete through out the year if they choose & for team insurance protection. There are opportunities to coach with the Club. For questions please call Tom Tomeo 1-877-885-6314 or visit www.tomeowrestling.com.

-Training for Wrestling and for Life-