

Tom Tomeo Training System (T3) Wrestling Club

www.tomeowrestling.com

Location: Grove City Wrestling Training Facility (Other Locations Available)
511 Highland Ave. Grove City, Pa 16127

Dates: Phase I April 2RD- 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- Monday 6:00-7:00 Wednesday 6:00-7:00
Jr. High. Hi School, College & Veteran- Monday 7:00-8:30 Wednesday 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

- 2X PIAA State Champ (AA &AAA), 4X Placer 143-8 Record,
- NCAA Div. I All-American
- 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

Assisted by a highly trained and successful staff of coaches/ competing athletes like:

Matt Herrick- Bath, N.Y., Wr. Club Director Mansfield Univ., Varsity Referee, T3 Tourn. Director
Tom Tingley- Lakeview H.S. Head, Ncaa Div. I Assistant coach, Olympic Trials Qualifier, 18 National Placers
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. Elite Invitation & open training

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-