



# St. Thomas Summer Wrestling



**All ages Welcome!**

**9AM-12PM Tuesdays, Thursdays and Saturdays**

**June 3<sup>rd</sup> –July 31<sup>ST</sup>**

**\$50 per week**

The technique and training camp format meets the needs of all wrestlers from beginner through advanced levels.

**Achieve** new levels of wrestling techniques and strength

**Focus** on technique development and refinement through drilling in sessions

**Work** with different coaches focusing on training, conditioning, and competition.

**Featuring St. Thomas Alumni and Collegiate Wrestler.**

Thomas Mancha

High School Prep All American

MVP 2006-2007

Division III John Carroll Wrestler

Whether a novice or a returning State Champ, come refine and perfect your techniques and skills.

**Contact:**

St. Thomas Wrestling Coach

Adam Thompson

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**Email:**

Thomas Mancha

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To get what we've never had we must do what we've never done!

Are you willing to push through barriers to win?