

TEAM FACTORY

Wrestling Club

Located at 325
East Stiegel Street
Manheim, PA
17545



Your Partner For Success

ADDRESSING THE NEEDS OF THE INDIVIDUAL WRESTLER BY IMPLEMENTING A HIGHER INTENSITY PROGRAM GEARED TOWARDS THE SERIOUS WRESTLER.

WRESTLERS WILL RECEIVE THE SAME TECHNIQUE INSTRUCTION USED IN TOP HIGH SCHOOLS AND COLLEGES ACROSS THE NATION.

WE WILL FOCUS ON GETTING RESULTS FROM EACH WRESTLER THROUGH ACCOUNTABILITY, DISCIPLINE AND INDIVIDUAL TECHNIQUE TRAINING.

Focusing on:

- Higher Intensity
- Accountability
- Individual Technique
- Mental Preparation
- Improving Weaknesses
- Building Strengths

Coaches:

Garret Barbush

(717) 598-6543

gbarbush@mafc.com

Eric Narkiewicz

(717) 575-6008

eric_narkiewicz@hempsfieldsd.org

For 2010, Team Factory Wrestling Club will be partnering up with Coach Troy Sunderland for Freestyle/Greco-Roman training starting March 16th and running through the month of May. Practices will be Tuesday and Thursday evenings from 6:30-8:00 PM at Manheim Central High School. We are encouraging all of our club wrestlers to join Coach Sunderland's training program where Lehigh University's coaches and wrestlers will be involved on a weekly basis. A focus on freestyle/Greco is vital for all wrestlers! For more information contact Coach Sunderland at tls138@live.com

***SUMMER SESSION- June 1st-August 5th (20 Practices) \$155.00**

***FALL SESSION- August 17th-October 28th (22 practices) \$175.00**

Sign up for both sessions before June 1st for a discount price of \$290.00!

Per Practice Fee- \$10.00

Sibling Discount- 2nd sibling ½ off, 3rd sibling free

Practice Days- Tuesday and Thursday

Practice Times- 6:00-7:30 PM

Summer Registration Dates- Saturday, May 15th, 2010 10:00-11:30 AM @ The Factory

Tuesday, May 18th 2010 6:30-8:00 PM @ Manheim Central HS Wrestling Room