

TEAM BARRACUDA



“TRAINING FUTURE CHAMPIONS”

General Info: Team Barracuda Wrestling Club is aimed for wrestlers of all ages and ability levels (boys/girls). The objective of the club is to develop wrestlers into a more technical and smarter wrestler. We will emphasize technique as well as cover the tactical approach; various match strategies, an overall understanding of the sport of wrestling. Learn techniques of one of the oldest sports in the world as well as becoming disciplined, determined, and goal-oriented to become a future CHAMPION on and off the mat!

Club Coach: *Tom McMath* –Head Wrestling Coach JBHS, 2 X NCAA Qualifier (WVU), Conference Champ, 2X Team Captain, NWCA All-Star (competed in Beijing, China), 8X TC Palm PrepZone Coach of the Year, and has also coached 6 Individual Florida High School State Champions.

Ages: Cannot be younger than 5 years of age and cannot be older than a senior in High School.

Requirements: Any individual interested in being a member must have a valid *AAU card*. The card can be purchased at www.aausports.org Click on Join AAU/Athlete card. The club also accepts *USA Wrestling Cards*. This card can be purchased at www.floridaamateurwrestling.org/home under members.

Where: JBHS Wrestling Room

When: T & TH (6:00-7:30)

Online Registration: Go to www.teambarracudawc.com then click on “**Club Registration**”. Click submit when finished.

Payment: Go to paypal.me/BarracudaWrestling and send the amount matching the Session you are paying for.

Cost:	Session I-September/October	\$150	<u>Session Starts 9/3/19</u>
	Session II-November/December	\$150	
	Session III-January/February	\$150	
	Session IV-March/April/May	\$225	

(Includes: t-shirt, technical expertise at practice, coaching duties at select competitions)

Please make checks payable to: **Team Barracuda Wrestling Club**

Club Gear: Please see Coach McMath for TBWC Apparel

Club Focus Beginner/Advanced:

- Basic Fundamentals
- Winning Takedown Techniques
- Pinning and Scoring Combinations

- Escapes, Counters, and Reversals
- Winning Strategies and Goal Setting Techniques
- Drilling
- Live Wrestling

For more information please contact Coach McMath at 772-233-8995
teambarracudawrestlingclub@gmail.com www.teambarracudawc.com

Twitter: @teambarracudawc

Instagram: teambarracudawc

Facebook: Team Barracuda Wrestling Club