

Team Xtreme Wrestling Club

"It's Hard To Beat A Man Who Knows He's Going To Win!"

Philosophy: At Team Xtreme we realize there are no shortcuts to success in the sport of wrestling. Success is the result of countless hours of training, hard work, and extra effort. We are committed to providing an atmosphere for serious wrestlers to train and achieve their goals. We do this by combining structured practices, a state of the art facility, and a top notch coaching staff who will share high percentage techniques and insight into becoming a champion. In addition, Team Xtreme members will be given the opportunity to compete in local, state and national events.



TEAM XTREME FEATURED CLINICIANS:

Jon Trengre:



- Assistant Coach Lehigh University
- 2x NCAA Finalist - Lehigh University
- 3x NCAA All American
- 2x PA State Champion

Marty Nichols:



- Head Coach Ithaca College
- 2x NCAA National Finalist -Ithaca College
- 3x NCAA All American
- Coached 19 All- Americans at Ithaca

Steve Garland:



- Head Coach University of Virginia
- NCAA Finalist - University of Virginia
- Former Asst. at Cornell University
- 3 Top 20 NCAA Finishes at Cornell

Brad Dillon:



- Assistant Coach University of Maryland
- 2x NCAA All American - Lehigh University
- 2x EIWA Champion

TEAM XTREME COACHES:

- Cary "Tike" Albright** - Asst. Manheim Central. USA Kids State Director. PA Freestyle Cadet Coach.
Shane Mack -Head Coach Manheim Central. 3x NCAA Qualifier. Asst. U of Maryland. NY State Champ.
Andy Martin - Assistant Coach Manheim Central. Former wrestler at Shippensburg University.
Eric Mast - 2x NCAA Champion Elizabethtown College. Manheim Central Junior High Coach.
Marvin Albright - PIAA and M2 F/S-GR Official. AAU FS/GR All - American and National Sombo Champ.
Galloway Longenecker - 2x USA Wrestling All American. Alfred State wrestler.
Eric Rhoads - Elizabethtown College wrestler.
Tom Pearsall - Assistant Coach Warwick. USA Bronze Certified Coach.

TEAM XTREME DATES:

March 13 through July 30
 Tuesdays and Thursdays
 6:30 PM - 8:00 PM

TEAM XTREME LOCATION:

Manheim Central High School
 400 Adele Ave.
 Manheim, PA 17545

Manheim Central houses a brand new wrestling facility with three full mats.

TEAM XTREME FEES:

Open to All Wrestlers Grades 5 -12
\$150

(Includes USA Wrestling Card)
 Free Xtreme T-shirt and Shorts!

TEAM XTREME CONTACTS:

Cary "Tike" Albright
 717-226-4602
tike@ptd.net

Shane Mack
 717-239-1553
macks@manheimcentral.org

Folkstyle • Freestyle • Greco

*Individual competitions in AAU and USA tournaments
 Team competitions with clubs from PA, OH, DE*

Registration/ Wrestler Information

Please complete the following form and mail with payment (make checks payable to Team Xtreme) to:

Shane Mack
 226 Pearl St.
 Lancaster, PA 17603

Personal Information:

Name _____ Date of Birth _____ Age _____ Grade _____ Current Weight _____ T-Shirt Size _____
 High School _____ Email _____ Years of Wrestling Experience _____
 Address _____ City _____ ST _____ Zip _____
 Parent/ Guardian _____ Phone _____
 Emergency Contact _____ Phone _____

Medical Information:

Does this wrestler have any physical/medical conditions Team Xtreme should be made aware? _____
 Is this wrestler currently taking any medication? _____

Liability Release:

I, the undersigned, individually as a parent/guardian of the above listed athlete(s), a minor, ask that he/she be admitted to participate in the club practice sponsored by Team Xtreme. I do hereby agree to release, discharge and hold harmless all parties involved, their employers, owners, agents, Team Xtreme coaches and staff from all liabilities, damages, claims, or demands whatsoever on account of any injury or accident involving the said minor arising out of the minor's attendance at the club practice or in the course of competition and/or activities held in connection with the club practices.

Parent/ Guardian Signature _____ Parent / Guardian Print _____ Date _____