

I understand that wrestling is a sport, which involves risk. In consideration of this entry being accepted, I hereby, for my child, waive and release any and all rights and claims for damages I may have against Finger Lakes Youth Wrestling League, Inc., Penn Yan Central School District, and their agents and representatives. Furthermore, I take responsibility for any and all injuries suffered by my child at said clinic. I understand that my child must be covered by a health/injury insurance policy and by signatures below verify that he or she is covered. I agree that Parent/Coach is responsible for any damages caused by their wrestler. Poor sportsmanship/inappropriate behavior will not be tolerated and person (s) will be asked to leave the grounds.

Parents/Guardian Signature _____

Wrestlers' Printed Name _____ Age _____ Weight _____

Please arrive 15-30minutes prior to your session to warm up. Sessions will start promptly!

Yes _____ I would like a lunch on Sunday 11/3/13. Additional cost of \$ 7.00 (Make checks payable to Penn Yan Wrestling club if purchasing a lunch or bring cash day of event)

Years Exp. _____ Phone _____

Team/School _____

****Please make checks payable to: Tom Tomeo.****

Mail Registration to Jason Elliott, 3810 Skyline Drive, Bluff Point, NY 14478. Preferred pre-registration due by 10/26/13
Questions: 315-521-3017 or email pennyanyouthwrestling@gmail.com

Biography:

Coach Tomeo resides in Grove City Pennsylvania

Youth- 7X J.O. place winner and a 3x champion. In high school - four time place winner and a 2X PIAA Champion, winning once in AA and one in AAA. His High School record was 143-8 with only one loss after his freshman year.

Tom's performance earned him a spot on the Dapper Dan Wrestling Classic team, where he defeated 172-0 in high school and future NCAA champion Jeff McGinness of Iowa City, IA, 6-4. That win earned Tom the Outstanding Wrestler Award. At Clarion Tom was a two year Captain, a 3x NCAA qualifier and in 1998 a NCAA Div. I All American.

Tom went on to coach collegiately at Slippery Rock, Cumberland, Buffalo and Clarion. Tom moved on for 2003-2005 to become the Woman's Resident Coach and National Development Coach at the Olympic training center in Colorado Springs, Colorado.

In addition, Tom had been a coach for the Sunkist Kids Wrestling Club. Tom also had the privilege coach his sister, Erin Tomeo, a 2x World Team member and who won over a dozen national freestyle titles. His sister is now a coach at the Olympic Training Center for the U.S. Team.

In 2004 Tom was a coach for the U.S.A. Olympic Team in Athens, Greece, which was highlighted by the first ever awarded Womens Wrestling Olympic Medals and the Gold Medal performance of Cael Sanderson!

Recently Tom has been a high school Head Coach, a Team Consultant for several teams and a Private Coach for many wrestlers. Coach Tomeo has also developed the T3 Wrestling Academy and the T3 wrestling club for over a decade. Tom has an outstanding and extremely supportive wife Anna and an awesome 18 month old daughter Emma! He has a passion for

traveling, fishing, hunting and outdoor recreation! www.tomeowrestling.com 1-607-346-2753



T-3 Wrestling Clinic

AT PENN YAN ACADEMY

SEASON JUMP START

TOM TOMEIO

Collegiate Coach

Olympic Coach

Champion at the youth, High School, and College level

Award Winner

*See further Biography on registration form

**DON'T LET YOUR WRESTLER
GET LEFT BEHIND**

Youth / K-5 Saturday

11/2/13 2pm-4pm

Cost: \$20.00

Middle/High School

6th-12th Grade:

Saturday 11/2/13

5pm-7pm

and

11/3/13

Sunday 10am-12pm

and 1pm-3pm

Cost: \$ 20.00 each session or
\$50.00 for all 3 sessions

*Lunch available for purchase.
see registration form attached

**Don't Miss Out on your edge
for this season!
Register Today!**