

WOLVERINE WRESTLING CLUB LLC.

Mission

The Wolverine Wrestling Club is for serious wrestlers who are committed to becoming state and national champions. There are no guarantees in life ... Hard work and commitment does not guarantee results. It provides us the opportunity to perform at optimal levels. We guarantee you will not succeed without them.

This is not just an open room. There is no wrestling club in the state of Michigan offering such a comprehensive and competitive training program. This program has been developed to work with individuals, teams, clubs and high school programs. The Wolverine Wrestling Club is committed to five key areas of development: Technique, Positioning, Hand Fighting, Mental & Physical Toughness and Competitive Strategy all while promoting sportsmanship, leadership, character development.

Sessions

1) Pre-Season is geared toward physical conditioning and technique development, repetitive drilling, competitive wrestling and physical conditioning with the goal to hit your stride by the start of the the high school season. The pre-season session will run Sept. 10 to Nov. 12, every Tuesday and Thursday evening from 6-7:30 p.m., in the New Michigan wrestling room.

2) Spring/Summer Training is geared toward freestyle, Greco-Roman and folkstyle technique and training. The goal is to implement and develop current technique and strategies that will prepare wrestlers to compete in national competitions, including all regional, Cadet and Junior National Championships! One-on-one training allows an individual to train and develop critical mental and physical toughness while being mentored by the best coaching staff in the state of Michigan. Every member of our coaching staff is a high school state champion and NCAA All-American.

Staff

- Eric Tannenbaum--4X All American, NCAA Finanlist, Big Ten Champion
- Joe McFarland -- M Head Coach
- Tyrel Todd-- 3X All American, Big Ten Champion
- Jeff Marsh -- Former M wrestler
- Jim Mason -- Former MSU All American & W.W.C Director
- Steve Luke -- NCAA Champion and Big Ten Champion
- Kirk Trost-- M Assistant Coach
- Kevin Vogel-- Former CMU wrestler & US World Team member
- Mike Kulczycki -- M Assistant Coach
- Plus additional M wrestlers and former M wrestlers
- Plus Olympic Weight lifting -- Doug Chapman, Hyperfit
- Complete coaching staff bios available on our website

Fees

Three Membership programs

- Individual full time memberships
- Team Memberships
- Individual part time memberships

Contact Information

Jim Mason - 734.216.6459 • jmason@cac.net

Joe McFarland - 734.647.1223 • joemcfar@umich.edu

USA Regional Training Site

Freestyle, Greco Roman Since 2006, year round training facility

WeightLifting-USAOlympic

Doug Chapman-Hyperfit

W.W.C. 2009 Fall Clinics

Wolverines Wrestling Club fall clinics will be open to all interested wrestlers. Clinics will be held 6-8 p.m. in the Michigan Wrestling room at Crisler Arena.

Dates

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| Sept. 24 | Tough on Top with Tyrel Todd |
| Oct. 22 | Hand Fighting with Coach McFarland |
| Nov. 12 | Leg Attack Series with Eric Tannenbaum |

For more information, please visit our website at www.wolverinewrestlingclub.com

