

Phil Lanzatella

Personal Coaching

Wrestling Credentials:

- **4x NCAA National Champion and All-American**
- **2x NYS National Junior Greco-Roman Champion; 4th & 6th in freestyle**
- **5x Olympic-Team Alternate**
- **Many golds and silvers internationally and nationally from 1979-2001**
- **Many others too numerous to list**

Coaching Credentials:

- **Coached at USAW camps and clinics for 5 years**
- **Coached at Bruce Baumgartner HWT camp for 3 years**
- **Coached throughout the country for many years**
- **Coached McQuaid Jesuit for 2 years; Wu & Merkel to states (6th & 5th)**
- **Coached Army FORSCOM Team**
- **Coached the NYS Jr. National Team 2 years (produced 4 National champs)**
- **Many, many others—too numerous to list**

Coaching incorporates all levels of attention: physical, mental, psychological, etc, as well as personal video review (if available). You need to be the TOTAL package to be successful, especially today. Camps and clinics are okay, but “one-on-one” with the right coach produces undeniable results.

Please call if you any questions.

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