



# VARSITY WRESTLING

PROGRAM OVERVIEW | 2025-2026

ST·J ACADEMY



WELCOME TO YOUR BEST  
THE ST. JAMES

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STRIVING FOR GREATNESS



**THE ST. JAMES PERFORMANCE ACADEMY** offers year-round training and features a variety of teams at various levels to ensure each student-athlete has an enriching and developmentally-appropriate learning experience. With as much emphasis on academics and college placement as on athletic development, The St. James Performance Academy tapers training and progressively increases workouts and conditioning before focusing on game preparation and team strategies.

The Academy's extensive network of grassroots youth organizations, private and public high school teams, and collegiate programs provides global and nationwide exposure unlike anywhere else.







## **BEST-IN-CLASS COLLEGE-PREPARATORY ENVIRONMENT**

The St. James Performance Academy wrestling program mirrors a collegiate atmosphere, with a unique blend of on and off-the-mat experiences that challenges and cultivates students to dedicate themselves to excellence in every aspect of their lives.

Each Academy student-athlete in the wrestling program is expected to maintain a 3.0 grade-point average throughout the school year and perform community service hours towards Academy graduation requirements. Success factors include, but are not limited to, self-sufficiency, academic success, personal responsibility and ownership, mental and physical toughness, and a holistic mindset towards measurable personal and athletic development.

The St. James Performance Academy provides each member of the wrestling program with unparalleled access to expert coaches and trainers that are focused on more than their on-mat performance, including crucial areas such as mental health, strength & conditioning, nutrition, sports medicine, and athletic recovery services.



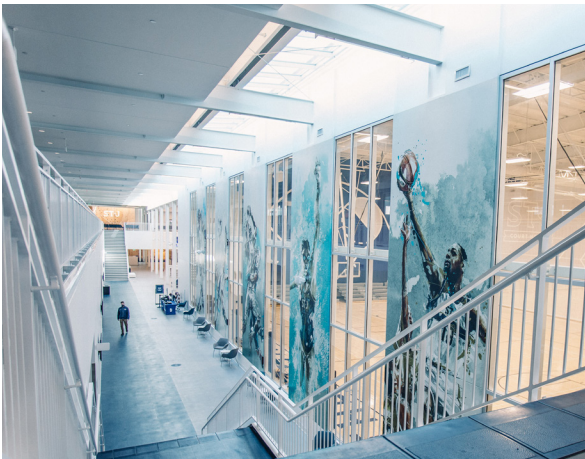
The Academy's High Performance Development team plays an integral role in the overall development of each student-athlete. They integrate into the program's larger support system, ensuring that each student-athlete feels confident and prepared off the field, so they understand what it takes to succeed in college and in life.



## OUR HOUSE

**At 450,000 square feet, The St. James Flagship offers unparalleled access to best-in-class athletic facilities and training. Simply put, there's no better place to play.**

A 110,000 square foot field house containing a FIFA-regulation turf field, Four NBA regulation hardwood courts, eight WSF regulation Squash courts, two NHL-regulation ice rinks, a 50-meter Olympic-size pool, and so much more. Our Performance Club is an elite wellness center modeled after the top professional and collegiate athletic training facilities. State-of-the-art equipment, athletic turf, heavy weight stations, and recovery amenities create an optimal environment for athletes to reach their best.





## TRAINING SCHEDULE

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### August

- › OTA orientation for all returning and new student-athletes and their families in week 1
- › OTAs follow specific developmental routines and training plans for players by position group
- › Strength and conditioning, functional movement and mobility training
- › NCAA eligibility center registration
- › SAT/ACT sign-ups
- › Senior/Post Grad recruitment meetings
- › Open practices for college coaches and professional scouts

### September–November

- › Pre-season training and games begin; Team will travel to National/Regional events
- › Daily team practices with skill development with 2-3 small group workouts per week
- › Individual development plans distributed to players and parents
- › College placement meetings\*
- › College application process continues/Common App finalized\*

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### December–February

- › In-season training and games begin; Team will travel to National/Regional events
- › Continued skill development
- › Underclassmen recruitment planning
- › Continued college placement meetings\*
- › Narrowing college choices/list\*
- › Individual development plans

### April–May

- › Emphasis on strength development and mobility after season
- › Post-season national tour begins, Team will travel to National/Regional events
- › Individualized skill development training
- › Focus on skills training
- › Finalize college selections and enrollment paperwork\*

### June

- › Final player evaluations
- › Summer training plan distributed
- › End of year recognition banquet
- › Underclassmen official visits
- › Strength training emphasizing hypertrophy-based principles
- › Recommendations for Summer Camps
- › Focus on off-season development

\* Applies to Seniors and Post Grads only



## TEAMS

**With multiple teams within the program, The St. James Performance Academy wrestling program provides the nation's most effective training and development environment for student-athletes regardless of age or skill level.**

### **WHITE**

The St. James Performance Academy's White Team competes against some of the nation's top programs while earning unparalleled exposure during showcases and nationally-televised meets and tournaments. Student-athletes within this team aspire to compete at the highest level. Training consists of intensive workouts and team development that mirrors that of an elite collegiate program.

### **GRAY TEAM**

The St. James Performance Academy's Gray Team provides student-athletes with the chance to develop and prepare for their progression towards the Blue and White teams. Middle school student-athletes will be exposed to high-level skill development and training that build a foundation for incremental growth.





## COACHING STAFF

### **JORDAN MURPHY**

*Head Coach & Director of Wrestling*

Murphy began wrestling as a ninth grader at Oxon Hill High School, where he became a 3x Prince George's County Champion, surpassed 100 career wins, earned the Joe Murphy Award as the county's top-scoring senior, and placed 3rd at the Maryland State Tournament. He went on to compete for Ashland University, becoming a 2x Super Regional II Champion, 3x NCAA Qualifier, 2x NCAA All-American, and Academic All-American. He later returned to Ashland as an assistant coach and holds a degree in Park & Recreation Management from Frostburg State and an MBA in Sports Management from Ashland.

Murphy revitalized the wrestling program at Potomac High School, leading the team to its first winning season in over 20 years and producing its first state placer in more than four decades. In 2024, he was named Maryland ACTE New Teacher of the Year and also served as Assistant Athletic Director, Strength & Conditioning Coach, Business Department Chair, and a leader in implementing the 3DE model powered by Junior Achievement. He has coached several standout athletes, including Oxon Hill alumnus Jahi Jones, a Big Ten Medal of Honor recipient who now serves as Director of the HBCU Wrestling Initiative.

### **ALFRED "BABY J" BANNISTER**

*Assistant Coach*

### **JAHÍ JONES**

*Program & Development Assistant Coach*

### **ALEX MOSSING**

*Wrestling Logistics & Operations*

### **GARRETT LINEBERGER**

*Head Boys Coach*

### **NIGEL CROSS**

*Girls Head Coach*

**MATEUS MANOEL***Director of High Performance*

Mateus leads The St. James High Performance department by working closely with a team of coaches that deliver a refined, holistic, data-driven approach to clients of various ages and abilities to develop their athleticism, optimize sports performance, and mitigate sports injuries.

With over a decade leading successful professional sports programs, Mateus held senior staff positions in MLS franchises such as Sporting Kansas City, Inter Miami CF, and DC United and was the High-Performance Coach with the US Men's National Team at the FIFA World Cup in South Africa. His expertise transcends the pitch, as he's experienced with NBA, NFL, MLB, and NHL athletes at the world-renowned EXOS training center.

