



SAMUEL A. POMEROY

ASSOCIATE

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Sam Pomeroy is an associate in Armstrong Teasdale's Litigation practice group. Representing businesses of all sizes, he has significant experience in employment law, restrictive covenants, commercial litigation, investigations, and insurance coverage.

Focused on delivering clear, practical counsel to clients, Sam handles all phases of litigation, from drafting pleadings to appearing at trial, negotiating settlements, and managing appeals. He has counseled employers and employees on restrictive covenant issues and claims under the Missouri Human Rights Act. As part of his practice counseling employers, Sam regularly drafts and reviews employment agreements such as noncompete/nonsolicitation agreements for employers.

In addition, Sam has defended businesses through complex commercial litigation often involving contract disputes and tort claims. He has also represented insurance company clients in declaratory judgment actions in state and federal court, and argued substantive motions as primary counsel in federal and state courts.

BACKGROUND

Prior to joining Armstrong Teasdale, Sam gained valuable experience as a civil litigation associate at other Kansas City area law firms, where he focused primarily on employment and commercial litigation matters, as well as insurance coverage and insurance defense related to personal injury and construction defect.

While in law school, Sam was a law clerk at a criminal defense firm focusing on appellate cases and prior to that was an intern at the United States Attorney's Office, District of Kansas.

EDUCATION

- Washburn University School of Law (J.D., *Dean's Honors*, 2023)
 - Washburn Law Journal - Editor and Staff Writer
- Washburn University (B.A., *summa cum laude*, 2020)
 - Political Science
 - Minor in Leadership Studies

PROFESSIONAL ACTIVITIES

- Kansas City Metropolitan Bar Association

SERVICES AND INDUSTRIES

Employment and Labor

Complex Commercial Litigation

Appellate

Insurance Coverage Litigation

Internal Investigations and Regulatory Compliance

Noncompete and Trade Secrets

ADMISSIONS

Missouri

Kansas

U.S. District Court, Western District of Missouri

U.S. District Court, District of Kansas

- Missouri Bar Association

CHARITABLE AND CIVIC INVOLVEMENT

- United Way of Greater Topeka, Board of Directors (2019-2021)

ACCOLADES

- The Best Lawyers in America, Ones to Watch, Commercial Litigation (2026-present)