JOURNEYMEN WRESTLING CAMPS

featuring

PAT POPOLIZIO's WOLFPACK INTENSIVE & YOUTH WRESTLING CAMP

July 7-11, 2017 - INTENSIVE
July 7-9, 2017 - YOUTH
NC State University, Raleigh, NC

Pursuit of excellence on and off the mat!

My staff and I are dedicated to promoting excellence in character and performance on the mat, while stressing the importance of learning life skills off the mat. These camps will give wrestlers and coaches an opportunity to gain valuable insight on what it takes to be successful at the highest levels of wrestling in high school and college from clinicians who have lived it! The clinicians were chosen for this camp specifically for two reasons: character, and their ability to teach technique successfully to wrestlers at all levels of wrestling. We believe that every link in a chain is important, so every individual is viewed as a valuable member of our camp. Come to find out for yourself!

– Pat Popolizio

TWO DISCIPLINES to choose from under the intensive camp

NC State Wolfpack Intensive Camp

If you're looking for intensity, then search no further. This intensive camp is for the ultimate competitor. This camp will teach you the three most critical aspects of wrestling: technique, conditioning and strength (mental and physical). Through repetitive drilling and coach's direction you will develop your body and mind to become an explosive performer on the mat. This intensive camp will focus on match preparation including focus, relaxation, warm up and weight control. You will be pushed beyond your comfort zone and take your performance to a whole new level. Led by national, world and Olympic champions, this camp will give you a mental edge to dominate your opponents.

INTENSIVE FREESTYLE - with former and active USA World Team members on staff (**Obe Blanc**, Olympian; **Adam Hall**, University World Team; and **Nick Gwiazdowski**, University World Team) the opportunities associated with this camp are outstanding. Learning and training freestyle under our staff's tutelage, while preparing for FARGO, just became more efficient and better.

INTENSIVE FOLKSTYLE - If you feel more comfortable training in folkstyle at the intensive camp, then so be it. We have exactly what you're looking for here, too. Pat Popolizio and his staff run perhaps one of the grittiest intensive camps in the country. Tough as nails will come to mind as you exit the wrestling room.

The bottom line is you have a choice. You pick the discipline that suits you best.
SAME DATE, SAME CAMP, UNDER THE SAME ROOF!

Youth – Commuter Camp Option (2nd-7th grade)

MIKE KRAUSE • Youth Coach Extraordinaire - Don't miss this opportunity to train with the most widely recognized youth coach in the USA. Experience Mike Krause's infectious personality and charismatic teaching style as he makes a visit to NC State this summer.

Don't be fooled by the Youth title! This is a high-end, elite youth camp, geared for the focused young athlete. Wrestlers should be prepared to work hard and be disciplined. This youth commuter camp is built inside the NC State camp; however, we expect out-of-the-area competitors to make the trip. Camp is limited to only 40 wrestlers and will focus on developing fundamentally sound skills. Wrestlers will learn to develop good wrestling habits and be pushed during live sessions. The camp will be a combination of NC State staff and youth coach extraordinaire, Mike Krause. Parents are welcome to observe or feel free to drop the kids off for the day and pick them up in the afternoon.

General Information

After we receive your deposit (Deposits done via www.tournaflex.com - NC STATE CAMP intensive or youth drop-down), each camper will be sent a confirmation e-mail that will tell you the exact location for registration. **Please be sure to include an e-mail address.** This will be our main source of communication. The camps will definitely fill up early, so please get your applications in ASAP. We look forward to working with you this summer.

What to Bring

Bring your own bedding, a pillow, sheets, and towels. Two people will be assigned to each room at check in. Each camper will be expected to supply his own workout gear, shoes, shirts, shorts, singlets, etc. You may need to change work-out clothes 3-4 times a day, so 10-12 sets is not unreasonable (laundry facilities are available). A set of work-out clothes includes a t-shirt, socks, shorts, undergarment, knee pads, etc. Intensive campers will also need to bring running shoes and a jump rope.

- T-Shirts: Mark your name in large print on the back of most of your workout t-shirts, this will help coaches identify you
- Wrestling shoes • Head gear • Mouth guards

Bring a supply of Defense Soap to prevent skin infections. This is critically important!

Defense Soap — Defend what you have built.

Defense soaps are triple milled and have a TFM (fatty acids) of 77% for a deep rich cleansing lather. Defense Soap contains no fillers, perfume, alcohol, scents, Triclosan or any other chemicals that can impact the quality. They contain a full 2% concentration of tea tree and eucalyptus oils; natural antimicrobial ingredients known to be effective against ringworm, staph, impetigo, herpes, jock itch and athlete's foot.

Typical Intensive Schedule

6:00-7:00 am – Run/Workout
7:30-8:30 am – Breakfast
9:45-11:30 am – Instruction/Drill
11:30 am-12:30 pm – Lunch
2:40-4:30 pm – Instruction and Live Wrestling
5:00-6:00 pm – Dinner
6:45-8:00 pm – Instruction and Live Wrestling
10:30 pm – In Rooms/Lights Out

Youth Schedule

July 7
Session 1 – 6:00-7:30 pm

July 8
Session 1 – 9:30-11:30 am • **Session 2 –** 12:30-2:30 pm

July 9
Session 1 – 9:30-11:30 am • **Session 2 –** 12:30-2:30 pm

Application

You must register online at www.Journeymenwrestling.com via the Tournaflex segment, drop down to NC State Wolfpack Wrestling Camps. All campers must complete and mail in the attached medical form. Application requires a deposit. All remaining balances are to be paid AT REGISTRATION via cash or money orders.

Download Printable Medical Form Here

COSTS

Intensive: $575 resident wrestler / $450 resident coach. $125 deposit is due when registering online. Remaining balance ($450 for residents / $325 for commuters) is due upon check in. Camp includes instruction, room and board (where applicable), secondary insurance, and facility usage. Please note: No food or lodging is provided for commuters.

Check In Registration is from 3:30-5:00 pm, Friday, July 7 and will take place in the lobby of University Towers – 111 Friendly Dr., Raleigh, NC. Follow signs for check in.

The first session on July 7 is 6:00 pm at Reynolds Coliseum. The first meal served will be breakfast on July 8. The last meal served is breakfast on July 11.

Check Out 11:30 am on July 11. For logistical reasons, we strongly discourage early check out.

Facilities The camp is housed at University Towers dorms and NC State University athletic facilities.

Youth: $175 Commuter $75 deposit is due when registering online. Remaining balance is due upon check in. Camp includes instruction, secondary insurance, and facility usage. Please note: No food or lodging is provided for commuters.

Check In Registration is from 3:30-5:00 pm, Friday, July 7 and will take place in the lobby of University Towers – 111 Friendly Dr., Raleigh, NC. Follow signs for check in.

The first session on July 7 is 6:00 pm at Reynolds Coliseum.

Check Out 2:30 pm on July 9.

Facilities The camp is housed at NC State University wrestling room.

Supervision

Rules will be read, discussed and signed off on by the camper. Violation of the rules could be grounds for immediate dismissal. There is a zero-tolerance attitude toward alcohol, drugs, fireworks, hazing or violence. Participants will be supervised during all organized times and in the dormitory. Campers will be required to attend all assigned activities and instruction sessions. Those enrolled in the camp must comply with all rules and regulations governing conduct of the students on campus. Any violations or abuse of these rules will cause immediate dismissal from the camp without a refund.

We will use every precaution to prevent accidents. We do not, however, assume any responsibility for medical, dental, or other expenses incurred as a result of accidents. A parent or guardian must sign the application before a camper will be accepted into the camp.

Refunds There will be no refund of deposit once it is received by Paleface Athletics, LLC. There is also no refund for the remaining balance once the camp begins – injuries included. There is also no prorating for having to leave camp early or a late arrival.

Directions to NC State University Campus

From Florida via I-95 North: Take I-95 North to I-40 West. Proceed on I-40 West into Raleigh to Gorman St., exit 295. Turn right at the stoplight onto Gorman St. and follow it to the second traffic light. Turn right onto Avent Ferry Rd. After approximately 1.5 miles, you will turn left onto Western Blvd. Take the second left onto Varsity Dr. The Joyner Visitor Center will be to your right.

From New York, Pennsylvania, Maryland and Virginia via I-95 South: Take I-95 South to I-85 South. Then take US 1 (which turns into Capital Blvd.) through downtown Raleigh. Turn right onto Western Blvd. Follow Western Blvd. approximately three miles and turn left onto Varsity Dr. The Joyner Visitor Center will be to your right.

From Durham via US 70: Take US 70 to downtown Raleigh. (US 70 turns into Glenwood Ave.) Follow Glenwood Ave. to Oberlin Rd. Turn right onto Oberlin Rd. (approximately three miles). Turn right onto Hillsborough St. Take an immediate left at Pullen Rd. Follow Pullen Rd. and veer right onto Western Blvd. At the third light, turn left on Varsity Dr. The Joyner Visitor Center will be to your right.

From Chapel Hill and Durham via I-40: Take I-40 East approximately 25 miles to Raleigh. At the I-40/Wade Ave. split, veer onto Wade Ave. At the third stoplight, turn right onto Faircloth St. Stay straight on Faircloth (which turns into Gorman St.) and turn left at your third light onto Western Blvd. At the next stoplight turn right onto Varsity Dr. The Joyner Visitor Center will be to your right.

From Fayetteville via US 401: Take US 401 to Raleigh. Then take I-40 West to Gorman St., exit 295. Turn right at the stoplight onto Gorman St. and follow it to the second traffic light. Turn right onto Avent Ferry Rd. After approximately 1.5 miles, you will turn left onto Western Blvd. Take the second left onto Varsity Dr. The Joyner Visitor Center will be to your right.

These camps are non-institutionally owned camps. They are not owned by NC State University or any of their employees. Camps are owned by Paleface Athletics, LLC and marketed by Journeymen Wrestling. Wrestlers from NC State University will act as camp counselors. The camps are open to all.

For more information contact
www.journeymenwrestling.com
or call **518-441-2374**

Clinicians

Pat Popolizio
- Head Coach, NC State University
- Former Head Coach, Binghamton University

Frank Beasley
- Assistant Coach, NC State University
- Former assistant coach, Buffalo and Binghamton Universities

Obe Blanc
- Assistant Coach, NC State University
- Olympian

Adam Hall
- Assistant Coach, NC State University
- University World Team member

Tommy Gantt
- All-American at NC State University

Nick Gwiazdowski
- 2-time NCAA Champion
- 4-time NCAA All-American

Wolfpack Counselors

Sean Fausz
NCAA Qualifier for the Wolfpack 2016

Nicky Hall
2-year starter for the Wolfpack

Pete Renda
NCAA All-American 2016

Michael Macchiavello
2017 Starter for the Wolfpack

Nick Gwiazdowski

TWO-TIME NCAA CHAMPION

JOURNEYMEN adidas
SOUTHERN STYLE WRESTLING DUALS

Reynolds Coliseum • 103 Dunn Ave., North Carolina State University, Raleigh, NC

10 high school teams – 6 matches over 2 days.

Entry Fee: $650. Fee is due prior to competition!

Weight Classes
High School: 106, 113, 120, 125, 130, 135, 140, 145, 152, 160, 170, 182, 195, 225 and 285
Youth: 53, 58, 63, 68, 73, 78, 83, 88, 93, 100, 107, 115, 125, 135, HWT (150 Max)

Weigh ins: Fri., July 7, 9:30-11:00 am

Location: Reynolds Coliseum

Once you have been officially selected to be one of the teams in 2017, send in your entry fee and then complete your team roster online (journeymenwrestling.com via Tournaflex). You'll be issued a personal pin number and the actual web address that will allow you to change and adjust your lineup as much as you want as soon as you've been selected. You'll have time to adjust your lineups until 3:00 pm on July 1 (This is critical so that Flowrestling can properly promote the field of competitors).

DAY 1 • July 6, 2017
Round 1: 11:30 am-1:00 pm
Round 2: 1:00-2:30 pm
Round 3: 2:30-4:30 pm
Round 4: 4:30-6:30 pm - If needed

DAY 2 • July 7, 2017
Round 1: 8:30-10:15 am
Round 2: 10:15 am-12:00 pm
Round 3: 12:00-2:00 pm

NORTH vs. SOUTH July 6-7, 2017
LIVE ON FLO