

Registration

Please register online at www.journeymenwrestling.com
or in person (\$25 cash discount) at Shenendehowa High School
on Registration Night – Thursday, Nov. 3, at 5:30 p.m.

Wrestler's Name _____

Parent's Name _____

Address _____

City _____ State _____ Zip _____

Phone Number _____ Grade _____

School _____ Shirt Size _____

E-mail Address _____

Coach's Name _____ Coach's Phone Number _____

Emergency Contact _____ Emergency Phone _____

I have enclosed \$350 for Mini Men Session 1 membership (insurance included) _____

\$150 for Mini Men Session 2 membership (insurance included) _____

Total _____

Please indicate any medications taken or health conditions of which we should be aware

NO ONE WILL BE PERMITTED TO WRESTLE WITHOUT BEING AN OFFICIAL CLUB MEMBER

PARENTAL HOLD HARMLESS STATEMENT

I am fully aware that Journeyman Wrestling Club, Ltd. engages in intense physical activity such as live wrestling, running and calisthenics. I understand that there is an inherent risk associated with these activities and I permit my child to participate in these activities without restriction. I agree to hold Journeyman Wrestling Club harmless for any accidents – medical or dental – or any other expense incurred as a result of my child's participation with the club.

Signature of parent or guardian _____

Date _____

Mini Men Wrestling Club: Please include check made out to **Journeyman Wrestling Club, Ltd.** for membership fee of \$350 (insurance included). For an additional \$150, athlete may continue on to Session 2 when Mini Men closes on May 1, 2012.

Sorry, no refunds due to lack of motivation or commitment. No refunds once the first session commences. Only receipt of application and payment will reserve your membership.

Cash incentives are available. Please call (518) 377-5309

Fill out and bring the registration form in on Registration Night –
Nov. 3 at Shenendehowa High School *or* register online.

2011-2012 JOURNEYMEN

"Mini Men"

Section II's Premier Youth
Wrestling Club
simplicity ■ performance

pursuit of perfection ■ mentality ■ character ■ fun

Section II's Future State Champions

The journey starts now!

www.journeymenwrestling.com

**SOLD OUT
PAST 6
YEARS**

Nov. 7, 2011-May 1, 2012

OR

May 3-Aug. 2, 2012

Open to wrestlers in 1st-7th grade with
prior experience. 70 wrestlers max.



Director

Frank Popolizio
Frankiepesce@hotmail.com

Assistant Director

Shaun Miller
(518) 365-3415
spmiller23@aol.com

Journeyman Wrestling, Ltd. (Journeyman "Mini Men") is a non-profit organization

Locations

MONDAYS

5:45-7 pm; 7-8:30 pm
Niskayuna High School
 Balltown Road, Niskayuna

TUESDAYS

6-7:30 pm
 alternating every other week
Columbia High School
 962 Luther Road, East Greenbush
Saratoga High School
 3 Blue Streak Blvd., Saratoga Springs

WEDNESDAYS

6-7:30 pm
American Martial Arts
 3348 Rte. 9, Valatie

THURSDAYS

5:45-7 pm; 7-8:30 pm
Shenendehowa High School (East)
 970 Rte. 146, Clifton Park

Open to wrestlers in 1st-7th grade with prior experience. 70 wrestlers max.

Registration Night – Thurs., Nov. 3 • 5:30 pm • Shenendehowa’s Wrestling Room –
 Parents, come to register your athlete, and then stay to discuss the program and expectations and meet the coaching staff. *Parents only please.*

Session 1: November 7, 2011-May 1, 2012

Location	Start Date	MO	TU	WE	TH	Grade	End Date
Shenendehowa	Nov. 3				X		April 26
Niskayuna (Combined Group)	Nov. 7	X				Mini Men	April 30
Saratoga/Columbia (Every-other-week Rotation)	Nov. 8 Columbia		X				May 1 Saratoga
Valatie (American Martial Arts)	Nov. 9			X			April 4

Session 2: May 3, 2012-August 2, 2012

Location	Start Date	MO	TU	WE	TH	Grade	End Date
Shenendehowa	May 3				X		Aug. 2
Niskayuna (Combined Group)	May 7	X				Mini Men	July 30

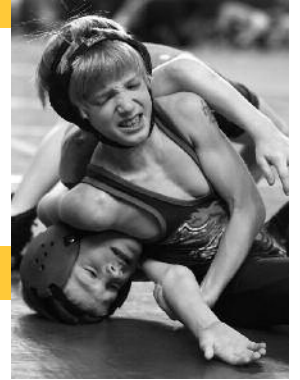
Coaching Staff

Shaun Miller (former three-time Section II champ and West Virginia University wrestler), **Jim McHugh** (former head varsity coach, Columbia HS), **Joe Guardino** (former head varsity coach, Colonie HS), **Rob Weeks** (head varsity coach, Shenendehowa HS), **Kareem Naquib** (NY State runner up high school; wrestled for D-I Binghamton University), **Greg DelSignore** (former Queensbury standout) and **Vinnie Popolizio** (former Section II champion).

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Competition

There will be a traveling team that will represent Journeymen at various youth dual meets and individual tournaments across the Northeast. Tournament locations include Pop & Flo Nationals, Gene Mills Nationals, BRUTE Empire Nationals, NY Folkstyle Kids Championships, NY State Freestyle Championships, Northeast Regional and the Ohio Tournament of Champions.



Special Clinicians

Mini Men will now mirror the philosophy that helped shape the main Journeymen club. Special clinicians will be invited in to the club to influence our youth.

Split Groups

The Mini Men program will run two group practices on Monday and Thursday evenings. The groups will be split based on experience levels. The more novice group will wrestle at the earliest time slot, while the more veteran group will take to the mat immediately after. This will allow members to receive the appropriate individual attention. Splits will be determined by the coaching staff. Monday evenings will be joint practices, where the entire club practices together.

Cost

\$350 (includes insurance)

*Additional \$150 if athlete desires to continue on to second session
 May 3-August 2, 2012*

- Fee includes all practices, t-shirt, and insurance
- Practices will run Mondays, Tuesday, Wednesdays and Thursdays with competitions on Saturdays
- Schedules available at our website or at registration night, Thurs., Nov. 3

NOTICE:
 Mini Men will be committed to participating in State, Regional and National competitions in 2012

Former Mini Men Members



Nick Gwiazdowski
 (Duanesburg)
Two-time National Champion



Andy Lyman
 (Ravena)
NY State Champion



Nick Kelly
 (Shenendehowa)
High School All-American



Jesse Porter
 (Shenendehowa)
Schoolboy National Champion