

2009-2010 JOURNEYMEN "Mini Men"

Section II's Premier Youth Wrestling Club
simplicity ■ performance

pursuit of perfection ■ mentality ■ character ■ fun



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

It's the journey that makes us men

Locations

Mondays – 6:00-7:30 pm
Farnsworth Middle School
6072 State Farm Rd.
Guilderland



Wednesdays – 6:00-7:30 pm
Saratoga High School
3 Blue Streak Blvd.
Saratoga Springs, NY

Thursdays – 6:00-7:30 pm
Shenendehowa High School (East)
970 Rte. 146, Clifton Park

DATES: November 30, 2009 – April 29, 2010

Enrollment Open to wrestlers in 2nd-7th grade with prior experience. 60 wrestlers max.

SOLD OUT PAST 4 YEARS

Registration

Preferably by mail to: **Journeyman Wrestling, Ltd.**

2220 Balltown Rd. • Niskayuna, NY 12309

or at Farnsworth Middle School (Mon., November 30) at 5:30 p.m.

Fee: \$325 (includes insurance).

Additional \$100 if athlete desires to continue on to main Journeyman Wrestling Club once Mini Men closes on April 29, 2010.

Fee includes all practices, t-shirt, and insurance.

Practices will run Mondays, Wednesdays, and Thursdays with competitions on Saturdays.

Schedules available at our website or at registration night.

www.Journeymanwrestling.com



Coaching Staff

Shaun Miller (Former three-time Section II Champ and West Virginia University wrestler), **Joe Guardino** (Former Head Coach at Colonie High School), **Jeff Blatnick** (Olympic Champion), **Vinnie Popolizio** (former Section II Champion), **Jimmy McHugh** (Former Head Coach at Columbia), **Mike St Louis** (Former Brockport standout)

Competition

There will be a traveling team that will represent Journeyman at various youth dual meets and individual tournaments across the Northeast. Tournament locations include BRUTE Empire Nationals, NY Folk-style Kids Championships, NY State Freestyle Championships, Northeast Regional, Guilderland, Gene Mills Nationals and more.

Philosophy

Basic mastery and advanced skills will be stressed in this program to develop complete wrestlers. Core essentials will be taught to master stance, positioning, movement, and leg attacks. We will incorporate advanced skills like counter wrestling, rides, and situational wrestling as we progress during the season.



Section II's Future State Champions – *The journey starts now!*

Wrestler's Name _____ Please indicate any medications taken or health conditions of which we should be aware

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 \$25 for Mini Men membership _____
\$25 cash incentives available. Please call 518-377-5309 to inquire. (insurance included)

\$100 for main Journeyman Club _____

Total _____

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 \$325 (insurance included). For an additional \$100, athlete may continue on with main Journeyman Wrestling Club when Mini Men closes on April 29, 2010. *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

Mail to: Journeyman Wrestling Club, Ltd. • 2220 Balltown Road • Niskayuna, NY 12309 or bring in first night on November 30, Farnsworth Middle School