

Journeyman's Philosophy

Journeyman Wrestling Club is committed to raising the proverbial wrestling bar. Our club focuses on all facets of amateur wrestling – improving technique, learning proper weight training skills, understanding dieting, developing a mental attitude and embracing discipline.

How does it go down? Journeyman Wrestling's main emphasis is folk (high school style) and freestyle wrestling. The club's practices are intense! Each practice will consist of drilling, technique and live wrestling to help prepare the athlete for off-season competition and next year's regular season. We also pride ourselves on building and instilling character into our athletes. Discipline is a big component to success on the mat. It is our goal to prepare each member for the next level of competition, no matter what it is – making the team, winning Sectionals, or being a state or national champion.

The Good, The Bad, and The Ugly Journeyman Wrestling Club is accepting of all talent levels – from the true newcomer all the way to the nationally-ranked athlete. We don't expect to inherit champions, we plan on building them. We also make sure both ends of the talent spectrum strategically intermix and the wrestlers feel comfortable working with one another.

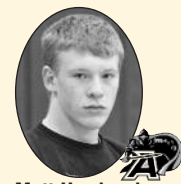
Planning on competing? Journeyman Wrestling Club is! We are committed to hitting all of the major local, regional and national tournaments

Journeyman Wrestling – Where They're Headed and Where They Are!

Aspiring to Wrestle in College? If so, we're the right program for you. We feel confident in saying our staff's collegiate wrestling contacts are unparalleled – Just take a look at our special guests list! No other club in the State is truly committed to assisting wrestlers through the arduous college recruiting process from start to finish; furthermore, no other club in the State prepares their athletes for the college training experience like Journeyman Wrestling Club. Journeyman Wrestling brings the very best college coaches into our wrestling room. This allows us to learn and develop the drills, techniques, attitudes and philosophies practiced by the college wrestling world first-hand.



Zach Diekel
Whitehall HS;
Lehigh University,
NCAA D-I



Matt Herringshaw
Holland Patent HS;
West Point, NCAA D-I



Matt Greene
Columbia HS;
Northwestern Univ.,
NCAA D-I

Going...



Matthew Lashway
Queensbury HS;
Undecided



Brendon Morgan
Columbia HS; Undecided;
Springfield College or
Appalachian State



Curt Rowley
Duaneburg HS;
Undecided; Ithaca or
Binghamton Univ.



Thomas Carta
S Glens Falls HS;
Undecided;
Binghamton Univ.



Aaron Dudley
Hudson Falls HS;
Brockport; NCAA D-III



Noah Valastro
Hudson Falls HS;
Undecided



James Ronca
Ballston Spa HS;
Undecided



Stephen Lumley
S Glens Falls HS;
Undecided; RIT

Active



Nick Gwiazdowski
Binghamton Univ.
NCAA D-I, Fr.;
Duaneburg HS



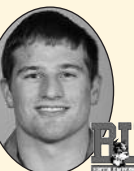
Austin Meys
Lehigh University
NCAA D-I, RS-So.;
Shenendehowa HS



Giuseppe Lanzl
Brown University
NCAA D-I, So.;
Amsterdam HS



Zeal McGrew
Hofstra University
NCAA D-I, RS-So.;
Burnt Hills HS



Hunter Meys
Boston University
NCAA D-I, Jr.;
Shenendehowa HS



Jim Carucci
Lehigh University
NCAA D-I, Fr.;
Shenendehowa HS



John Paris
Binghamton Univ.
NCAA D-I, So.;
Amsterdam HS



TJ Popolizio
Brown University
NCAA D-I, Fr.;
Shenendehowa HS



Seth Hazleton
Princeton University
NCAA D-I, So.;
Shenendehowa HS



John Belanger
West Point
NCAA D-I, So.;
Shenendehowa HS



Dan Riggi
Binghamton Univ.
NCAA D-I, RS-So.;
Scotia HS



John Clemente
US Naval Academy
Prep; NCAA D-I, Fr.;
LaSalle HS



Brian Benton
George Mason Univ.
NCAA D-I, Jr.;
Amsterdam HS



Derek Stanley
West Point
NCAA D-I, Sr.;
Saugerties HS



Andy Lyman
Bloomsburg Univ.
NCAA D-I, Sr.;
Ravena HS



Jedd Mason
Buffalo
NCAA D-I, RS-Jr.;
Whitehall HS



Brendan McKeown
E. Stroudsburg Univ.
NCAA D-II, RS-So.;
Burnt Hills HS



Brian Borst
Univ. of Great Falls
(Montana); NAIA, Sr.;
Duaneburg HS



Max Miller
SUNY Cortland
NCAA D-III, Fr.;
Shenendehowa HS



Dan Palmerino
Brockport
NCAA D-III, So.;
Amsterdam HS



Jeremy Burns
Springfield College
NCAA D-III, Jr.;
Hoosick Falls HS



Dan Houghton
RIT
NCAA D-III, Fr.;
Dolgeville HS

2012 Schedule of Events

Date	Event	Location
3/3	Kids Folk States	Bay Shore, LI
3/11	Northeast Folkstyle Challenge	TBA
3/16-18	Mohawk Int.	Canastota
3/23-25	Dixie Duals	Alabama
3/28-4/1	NHSCA Nationals	VA Beach, VA
3/31-4/1	Flo Nationals	Drexel Univ., Philadelphia, PA
4/??	Section 2 Qualifier	TBA
4/28-29	Pop & Flo Mini-Men Nationals	Union College, Schenectady, NY
4/29	Journeyman Freestyle Duals	Union College, Schenectady, NY
5/4-6	Cadet/Jr States	Broome Community College
5/12	Kids Fr/GR States	Columbia HS, E Greenbush
5/19-20	Pop & Flo National Duals	Lake Placid, NY
6/2	Club Cup	
6/26	Jr Duals	Oklahoma City
6/30-7/2	OSU Camp	Niskayuna, NY
7/6-7/12	Iowa Camp	Binghamton, NY
7/15-21	ASICS Cadet/Jr Nationals	TBA
8/11	Victor Duals	Victor, NY
9/10	Waterway Duals	Oxford, PA
10/7	The Journeyman Classic	Niskayuna, NY
10/21	Iron Horse Invitational	S Plainfield, NJ

www.journeymanwrestling.com

Application

Name _____
 Address _____
 City _____ State _____ Zip _____
 Phone Number _____ Grade _____
 Date of Birth _____ Shirt Size _____
 School _____
 E-mail Address _____ (required)
 Coach's Name _____
 Coach's Phone Number _____
 Emergency Contact _____
 Emergency Phone _____
 Health Insurance Provider _____
 Health Insurance Number _____
 Check Club Desired Northern Southern
 Partial Southern JMen 40 (Pre-authorization required)
 Discount(s) (check those that apply) \$ _____
 *Referral (\$25) Cash (\$25) Sibling (\$100)
 *New Member's Name _____
 Amount enclosed \$ _____

NO ONE WILL BE PERMITTED TO WRESTLE WITHOUT BEING AN OFFICIAL CLUB MEMBER; SPECIAL JOURNEYMAN CLINICS BEING THE EXCEPTION.

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 _____

Completed medical forms will be required. Copies of these forms can be found on www.journeymanwrestling.com

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

Please include your check or money order made out to Journeyman Wrestling Club, Ltd. – sorry, no refunds. Returned checks will be assessed a \$35 service charge. Only receipt of application and payment will reserve your membership. **Space is limited to 40 Northern wrestlers and 110 Southern wrestlers!**

Mail to: Journeyman Wrestling Club, Ltd.
2220 Balltown Road, Niskayuna, NY 12309

Journeyman Wrestling
2220 Balltown Road
Niskayuna, NY 12309



JOURNEYMEN 2012 WRESTLING CLUB



Premier Wrestling Club in Upstate New York

Journeyman's Coaching Staff



Frank Popolizio

- Club Founder and Director
- Head Coach Journeyman Wrestling Club
- Head Assistant at Shenendehowa High School (NY), 2007, 2008, 2011 NY State Champions
- 2009 NYS High School Assistant Coach of the Year

Michele Liuzzi

- Two-time Italian Olympian
- 12-time Italian World Team Member
- 2nd, 3rd, and 5th in European Championships



Greg Parker

- NCAA D-I Runner Up for Princeton University
- Two-time All-American, Princeton

Matt Herrington

- NCAA D-I All-American
- Two-time Junior National Greco-Roman Champion
- Junior National Freestyle finalist
- Cadet National Greco-Roman Champion
- Cadet National Freestyle All-American



Jason Spector

- "Northern Site Coach"
- Head Coach at South Glens Falls
- Two-time Division III All-American, Brockport
- Assistant at Brockport State (1998)



Jeff Blatnick

- Freestyle Coach
- 1984 Olympic Gold Medalist
- Member of National Wrestling Hall of Fame
- Two-time D-II NCAA Champion
- NCAA D-I All-American

Dr. Paul Diekel

- 1981 NY State Champion (High School)
- 1984 Jr. World Freestyle Championships Silver Medalist
- Three-time NCAA D-I All-American, Lehigh University



Ron Ashcraft

- Modified/JV Night Coach (Funny Guy)
- Varsity Assistant Coach at Burnt Hills
- Former Head Coach at Scotia
- Wrestled at D-III Cortland

Shaun Miller

- Head Youth Coach
- Three-time Section 2 Champion, Niskayuna HS
- Wrestled at West Virginia University



Kris West

- Head Coach, Saratoga HS
- Coach at Saratoga Northern Site

Area High School Coaches and Former Wrestlers on Staff

- Anthony Servidone - Columbia HS
- Mike Prendergast - Hudson Falls HS
- Henry Mormile - Ravena HS
- Bob Diekel - Whitehall HS
- Robert Weeks - Shenendehowa HS
- Kareem Naqib - Former Binghamton Wrestler
- John Watterfield - Former Niskayuna Standout

Special Spring Clinics*



Terry Brands*

- Head Assistant Coach, University of Iowa
- Former Olympic Training Center Coach
- Two-time World Champion
- Olympic Bronze Medalist

*Kendall Cross

- 1996 Olympic Champion
- NCAA Champion and three-time NCAA All-American, Oklahoma State



Sean Bormet*

- Assistant Coach, University of Michigan
- USA Wrestling Freestyle Coach of the Year (2006, 2008, 2010)
- Member of US Coaching Staff - US World Championship Teams (2006, 2009, 2010)

*Pat Popolizio

- Head Coach, Binghamton University
- Former American University and Army Assistant Coach
- Three-time NCAA Qualifier
- Former Oklahoma State Standout



Franklin Gomez*

- World Silver Medalist, Puerto Rico
- NCAA Champion, Michigan State

*Mitch Clark

- Two-time NCAA Finalist
- NCAA Champion
- Two-time Big Ten Champion
- Two-time NYS State Finalist



Kyle Dake*

- NCAA Champion and All-American, Cornell
- EIWA Champion (2010)
- EIWA Wrestler of the Year (2011)
- Ivy League Rookie of the Year

David Taylor*

- NCAA Runner Up, Penn State
- NCAA All-American as a freshman
- 2011 Big Ten Champ at 157
- Two-time Ohio Wrestler of the Year in high school



2012 SPECIAL EVENTS

Summer on the Ropes

Be a part of the fun, excitement and confidence-building experience as Journeyman Wrestling treks up to the Adirondack Extreme Ropes Course this summer.

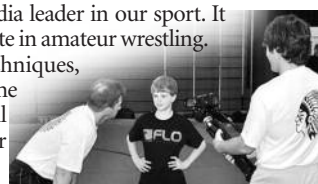


Journeyman 40

Special classes, clinics and opportunities dedicated to the 40 most dedicated club athletes. Talent is not a prerequisite; however, the guys who are the most committed, loyal and dedicated to the club get the nod.

Flowrestling at Journeyman Wrestling Club

Flowrestling.com is unequivocally the media leader in our sport. It is perhaps the best and most-utilized website in amateur wrestling. They brilliantly showcase the best techniques, matches, tournaments and programs in the sport. Once again, this off-season, they'll record, post and showcase one of our spring Journeyman Wrestling practices.



Special Spring Clinics/Counselors*

In compliance with NCAA regulations, clinicians and counselors appear only as special guest clinicians and counselors and are not to be considered club staff members. The clinics are open to club and non-club members alike.

Journeyman Information

www.journeymanwrestling.com

When Does It Get Started/End?

Location	Start Date	Mon.	Tues.	Wed.	Thurs.	Times	Grade	Style	End Date
Niskayuna (High School)/Journeyman 40/Invite Only	March 5	X				4-5:45 p.m.	7-12	Invite Only	TBA
Niskayuna (High School)/Southern	March 6		X			5:30-7:30 p.m.	7-12	Folk & Freestyle	Oct. 30
Shenendehowa (High School East)/Southern	March 7			X		5:30-7:30 p.m.	7-12	Freestyle	July 5
Niskayuna (High School)/Southern	March 8				X	5:30-7:30 p.m.	7-12	Folk & Freestyle	Oct. 25
Saratoga (High School)/Northern	March 12	X				6-7:30 p.m.%	7-12	Folk & Freestyle	June 11
Shenendehowa (High School East)/Modified - JV	March 12	X				5:30-7 p.m.	Mod./JV	Folk	June 11
Hudson Falls (High School)/Northern	March 15				X	6-7:30 p.m.	7-12	Folk & Freestyle	June 14

%March 12 and March 19 at the Saratoga site will be held 4:30-6 p.m.

*Club is closed July 1, 10, 12 so athletes can participate in the OSU and Iowa camps
*Club also closed Aug. 21-30 - Strategic Relaxation

How Much? Journeyman Wrestling Club is a non-profit organization; therefore, monies raised by collecting membership fees help finance the operation of the club - paying world-level coaches, apparel, facility costs, and offsetting entry fees for competitions. If you'd like to contribute beyond the membership fee, please feel free to do so. Your help would be appreciated.

The membership fees are as follows: (there is no reduction in rate for athletes attending only one night a week or certain months of the year)

Full Southern Member - Access to all the sites (110-member limit):
\$375 + \$25 insurance = \$400

Journeyman 40 Member - \$100 Group of 40 wrestlers who will get access to additional clinicians and spate practice times. This option is intended for the most serious and dedicated wrestler. You must be a Full Southern Member in order to be considered in this group.

Northern Member - Access to Hudson Falls and Saratoga sites only (40-member limit): \$225 + \$25 insurance = \$250. If you are a Northern member and would also like to practice at the Southern sites, you must also pay the Southern fee.

Partial Southern Member - Access to Niskayuna and Shenendehowa, July-October: \$220 + \$25 insurance = \$250.

Journeyman Wrestling does not offer payment plans. Payment is due prior to your first practice; however, we have an open-enrollment policy, so you can enroll at any time. The only cut-off date is when we've reached capacity.

Discounts

Referral Discount - Have a teammate or friend join the program who has not been on our Journeyman roster before and receive a \$25 discount. You and the new member will have to send your payment and application in together, so please plan accordingly. You can couple the cash incentive with this offer as well! Save \$50 total.

Cash Discount - This \$25 discount is not available with the Sibling Discount. If paying cash, please make arrangements to give enrollment info and payment prior to March 5. Do not send cash through the mail. You may pay on the first day of practice only if you make prior arrangements with Coach Pop.

Sibling Discount - Siblings from the same household will be offered a \$100 discount on the second athlete. First athlete is full price while the sibling is a \$100 discount. This does not pertain to the Northern membership. No other discounts can be coupled with this offer.

Insurance Although we are a USA Wrestling Sanctioned club, Journeyman Wrestling Club does not use USA Wrestling's insurance program. All members must pay a \$25 insurance fee, which is already incorporated in our tuition. We have comparable, comprehensive insurance coverage through an alternative company. Please be mindful that this is a secondary insurance plan, but is mandatory for all participants nonetheless.

Refunds There are none! We are adamant about athletes staying the course and remaining committed to what they have started. We will not acknowledge any of the following reasons for a refund: lack of motivation or desire, improper budgeting of time, too much school or homework, unhappy with the club, injuries - due to the nature of the sport, this is an inherent risk.

Conditioning powered by Albany CrossFit

CrossFit is the principal strength and conditioning program for many police academies, tactical operations teams, military special operations units, champion martial artists, and hundreds of other elite and professional athletes worldwide. Journeyman Wrestling will enjoy periodic conditioning workouts powered by Albany CrossFit's Jason Ackerman and Kevin Houston throughout the off-season.



Venues

Northern Site - Saratoga High School - Monday Nights
Hudson Falls High School - Thursday Nights

Southern Sites - Shenendehowa High School East - Monday Nights (Modified and JV only) and Wednesday Nights
Niskayuna High School - Monday, Tuesday and Thursday Nights

Questions and Correspondence E-mail is the most practical way to communicate; therefore, please make sure that your e-mail address is included and legible on the application. Also, sign up on our Journeyman Wrestling facebook page. If a practice is cancelled or a time change is contemplated, we'll inform you through either of these formats.

Capacity For years our philosophy was to not turn any athlete away. Although this inclusiveness has paid some handsome dividends over the past 8 years, it has also produced some space issues. This year we will strictly limit the allowable members to 110 Southern and 40 Northern... No more than that. This will be the leanest the club has ever been. We feel that the limits will offer exclusiveness and more one-on-one attention.

Eligibility Who's in, who's not? Wrestlers from 7th to 12th grade are welcome and encouraged to apply. Adults and post grads are also welcome to join, but they must have a signed waiver and comprehensive health insurance in place. (Photo copy of insurance card required).

Only apply if you are seriously committed to improving yourself. We're looking for athletes who will truly commit to wrestling off season.

DO NOT WAIT TO APPLY - THE CLUB HAS SOLD OUT 8 YEARS IN A ROW!



Left: Coach Popolizio poses with Iron Horse champions Corey Quintana and Nick Kelley. The Iron Horse Invitational is widely considered one of the east coast's toughest pre-season events.

Right: On an unofficial visit to the University of Iowa, Dave Almaviva and Nick Kelley get some self-inflicted torture by doing "buddy carries" on the infamous steps of the Carver Hawkeye Arena.

Journeyman's Contact Info

Frank Popolizio
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(518) 377-5309

Frankiepesce@hotmail.com • www.journeymanwrestling.com