

Counselors and Clinicians are subject to change

Frank Beasley
Assistant Coach,
Binghamton University;
Former assistant,
University of Buffalo and
Bloomsburg University

Jasen Borshoff
Assistant Coach,
Binghamton University;
NCAA Qualifier,
American University

Daniel Dennis
NCAA Runner Up,
Olympic Hopeful

Terry Brands
Head Assistant Coach,
University of Iowa;
Former Olympic Training
Center Coach; 2-time
World Champion; Olympic
Bronze Medalist

Frank Popolizio
Head Coach Journeymen
Wrestling Club; Head
Assistant, Shenendehowa
HS; 2009 NY State High
School Assistant Coach
of the Year

Pat Popolizio
Binghamton University
Head Coach (5th season);
3-time NCAA Qualifier;
Former Oklahoma State
Standout

Camp Clinicians



Pat Popolizio
• Head Coach Binghamton University
(fifth year)



Terry Brands
• Camp Co-Director
• Head Assistant Coach, University of Iowa
• Former Olympic Training Center Coach
• Two-time World Champion
• Olympic Bronze Medalist
• Hall of Fame Distinguished Member

Camp Directors

• Head Assistant at Shenendehowa High School
• 2009 New York State High School Assistant Coach
of the Year; 2007, 2008, 2011 NY State Champs



Frank Popolizio

JOURNEYMEN WRESTLING CAMPS

Featuring

**THE BRANDS BROS.
AND
IOWA
WRESTLING**



June 7-9, 2012

South Grand Prairie High School
301 W Warrior Trail, Grand Prairie, Texas

June 21-24, 2012

YMCA of the Rockies, Estes Park, Colorado
Close proximity to Wyoming and Nebraska

**This is the Final Year for Our Colorado Camp.
Register Now to Take Advantage
of This Golden Opportunity!**

July 7-12, 2012

Binghamton University, Vestal, New York

For more information contact
www.journymenwrestling.com
or call 518-377-5309

***Chael Sonnen's appearance is contingent upon his fighting schedule.**
• MMA: 27-11-1 Record; UFC fighter,
Ranked # 2 in the world
• Wrestling: NCAA Division I All-
American, University of Oregon;
Silver medalist, 2000 Greco-Roman
World University Champion



Dustin Carter
Inspirational wrestler

Special Guest Speakers

Adam Morris
HS Prep All-American

Joe Bonaldi
2-time New York State
Place Winner

Nick Gwiazdowski
2011 Bearcat Starter;
HS National Champion

Dan Riggi
4-time State Qualifier

Derek Heyman
4-time HS All-American

Nate Schiedel
2-time NCAA Qualifier

Cody Reed
Bearcat Starter

Patrick Hunter
Bearcat Starter; 2009
NCAA National Champion

Justin Lister
2010 All-American

Bearcat Counselors

Grant Gambrell
2011 All-American

Tony Ramos
2011 Hawkeye
Starter

Josh Dziewa
2011 Hawkeye
Starter

Ethen Lohouse
2011 Hawkeye Starter

Hawkeye Counselors

Return Medical and Application Forms to
Paleface Athletics, LLC
2220 Balltown Road, Niskayuna, NY 12309

ALERT!
*Medical history - vaccination and prescribed medication forms are required by the Department of Health prior to attending camp. Please download the necessary forms from www.journymenwrestling.com
Note: The university does not carry group medical coverage for this program. This is a New York State sanctioned summer camp.

Pertinent Medical Information

NAME AND PHONE NUMBER OF INDIVIDUAL(S) TO CONTACT IN CASE OF EMERGENCY _____
 PERMISSION FOR MEDICAL TREATMENT, RELEASE OF MEDICAL INFORMATION AND PAYMENT OF MEDICAL EXPENSE
 I REQUEST AND GIVE PERMISSION to the physicians and medical staffs at locations near South Grand Prairie, SUNY Binghamton or Estes Park Center YMCA of the Rockies to treat the above-named participant appropriately, including hospitalization, prescribing medication, and performing emergency medical procedures. I AUTHORIZE release of any medical information which may be pertinent to any diagnosis or treatment of the above-named participant. I UNDERSTAND that any charges resulting from this medical treatment will be billed to me at my address or to my medical insurance carrier which is: _____

MEDICAL INSURANCE CO. _____ POLICY # _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

Waver: My son/daughter has been examined by a physician in the last year and is in good health. I hereby authorize the Brands Brothers' Iowa Wrestling Camp Staff to act for me, according to its best judgement in any medical emergency, and I hereby waive and release said camp from any liability for injuries or illness incurred by my son/daughter while attending camp. The enclosed applicant fee has not been provided by any representative(s) of the institution's athletic interest.

PARENT OR GUARDIAN SIGNATURE _____ DATE _____

PARENT OR GUARDIAN _____ HOME PHONE _____ E-MAIL ADDRESS _____ BUSINESS PHONE _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

Medical Form

Application Form

Complete and mail this application
OR apply online at www.journymenwrestling.com
Remember to complete and mail in the medical form.
MAKE DEPOSIT PAYABLE TO Paleface Athletics, LLC

Texas Three-Day Training Camp - June 7-9 (5th-12th grade) 125 SPOTS AVAILABLE
 Enclosed is my \$100 deposit. *remember only cash or money order will be accepted for balance at check in
 Wrestler - \$100 deposit, \$150 due at check in Coach - \$100 deposit, \$150 due at check in (Coach with 10 or more athletes is free)

Colorado Training Camp - June 21-24 (5th-12th grade) 150 SPOTS AVAILABLE
 Enclosed is my \$150 deposit. *remember only cash or money order will be accepted for balance at check in
 Resident - \$150 deposit, \$300 due at check in Committer (no meals or rooming): \$200 due at check in
 Resident Coach - \$150 deposit, \$200 due at check in (Coach with 10 or more athletes is free)

NY - Binghamton Intensive Camp - July 7-12 (6th-12th grade) 100 SPOTS AVAILABLE
 Enclosed is my \$150 deposit. *remember only cash or money order will be accepted for balance at check in
 Resident - \$150 deposit, \$485 due at check in Committer (no meals or rooming): \$150 deposit; \$50 due at check in
 Resident Coach - \$150 deposit, \$350 due at check in (Coach with 10 or more athletes is free)

NY - Binghamton Competition/Technique Camp - July 9-12 (4th-12th grade) 100 SPOTS AVAILABLE
 Enclosed is my \$150 deposit. *remember only cash or money order will be accepted for balance at check in
 Resident - \$150 deposit, \$275 due at check in Committer (no meals or rooming): \$150 deposit, \$200 due at check in
 Resident Coach - \$150 deposit, \$175 due at check in (Coach with 10 or more athletes is free)

LAST NAME _____ FIRST NAME _____ HOME PHONE _____
 ADDRESS _____ CITY _____ STATE _____ ZIP _____
 GRADE, FALL OF 2012 _____ SHIRT SIZE _____ SCHOOL ATTENDING _____
 WEIGHT _____ E-MAIL ADDRESS (required) _____

RETURN APPLICATION TO
Paleface Athletics, LLC
2220 Balltown Road, Niskayuna, NY 12309
PLEASE FILL OUT AND SIGN THE MEDICAL FORM

FOR OFFICE USE ONLY

| Date Rec'd | Date Cont | Amt Dep | Bal Due | Rect No. |
|------------|-----------|---------|---------|----------|
| | | | | |

Journymen Wrestling
2220 Balltown Road
Niskayuna, NY 12309



JOURNEYMEN SUMMER CAMPS 2012

THE BRANDS BROTHERS AND IOWA WRESTLING

South Grand Prairie High School • Grand Prairie, Texas • June 7-9

YMCA of the Rockies • Estes Park, Colorado • June 21-24

Binghamton University • Vestal, New York • July 7-12



The University of Iowa's wrestling program is undoubtedly one of the most renowned and traditional collegiate wrestling programs since the 1980s. In the East, Binghamton wrestling has resurged as one of the legitimate programs of the Northeast. After reinstating their wrestling program in 2004, Pat Popolizio has guided the Bearcats to unprecedented heights with his leadership and dedication. The tradition of both programs, along with Journeymen Wrestling, will all converge and partner up on June 7-9, 21-24 and July 7-12 for an unprecedented wrestling extravaganza. Don't miss an outstanding training opportunity.

Journeymen Wrestling, along with the Brands brothers are committed to inspiring the next generation of wrestlers! It's critical to be around the legends and heroes of wrestling, but more importantly, it's critical to witness excellence and greatness first-hand. These camps will provide you with those opportunities.

Typical Schedule for Colorado/New York Camps

| | |
|---|-----------------------------------|
| 6:00-7:00 am - Run/PT | 5:00-6:00 pm - Dinner |
| 7:30-8:30 am - Breakfast | 7:00-9:00 pm - Instruction/Drills |
| 9:00-10:30 am - Instruction | 10:30 pm - In Rooms |
| 11:30-12:30 pm - Lunch | 11:00 pm - Lights Out |
| 1:00-3:00 pm - Instruction & Live Wrestling | Camp Tournament TBA |

Schedule for Texas Camp

| June 7 | June 8 and 9 |
|-------------------------------|---------------------------|
| 10:15 am-12:15 pm - Session 1 | 9:30-11:30 am - Session 1 |
| 12:15-1:30 pm - Lunch | 11:30 am-12:30 pm - Lunch |
| 1:30-3:30 pm - Session 2 | 12:30-3:00 pm - Session 2 |

General Information

After we receive your deposit, 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 sold out last year on the NY camp. Check out will begin after the tournament on the last day of camp. We look forward to working with you this summer.

www.journeymenwrestling.com

Pick Your Passion

The Colorado and Texas Training Camps Talk about the best of both worlds! This is a great camp for teams and individuals to establish camaraderie, leadership and mental strength. Everyone knows that wrestling is an individual sport and you're out on the mat by your lonesome; however, the element of team is an essential part of any wrestler's success. The Brands Brothers thought it would be ideal to create a camp that encompasses the foundation of all their camps - Technique, Team, and Intensive. Essentially this is the culmination of all three of their camps.

Here you'll learn from the Iowa staff and their guests, train in the higher elevations alongside your teammates and then compete later in the day. No worries: If you come alone or with a partial team and need a home, we'll find it for you. This camp was created with a vision.



Earn your camp "unspectacular" t-shirts by doing something spectacular: Run to the cross - 1.5-mile mountain run at 9,000 feet above sea level.

Don't Miss Out

This will be the last year Journeymen Wrestling will be running their Estes Park, CO camp, so be sure to take advantage of this golden opportunity.

The NY Intensive Training Camp No one in wrestling is more intense than the Brands Brothers! 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 & 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.

The NY Competition/Technique Camp Learn some great techniques from a world-renowned staff and then prepare to scrap and scramble later in the day. This camp focuses on technique and is limited to just one live practice per day.

These camps are non-institutionally owned camps. They are not owned by the University of Iowa or any of their employees. Camps are owned by Paleface Athletics, LLC and marketed by Journeymen Wrestling. Wrestlers from the University of Iowa and Binghamton University will act as camp counselors.

What to Bring

For NY and CO, bring your own bedding, a pillow, sheets, and towels. At the NY camp, two people will be assigned to each room at check in. The CO camp will house up to five campers in each room. Sharing of beds may be required in the CO camp. For each of the three camps, each camper will be expected to supply his own workout gear, shoes, shirts, shorts, singlets, etc.

Bring a supply of Matguard to prevent skin infections.



www.matguardusa.com

Directions to Binghamton University Campus

Binghamton University, Vestal, NY is located one mile west of the city of Binghamton and is a short drive from major urban centers in New York and neighboring states. A number of bus companies serve the area, and the Binghamton Regional Airport provides major airline service. The University is 45 miles (about 1 hour) from Ithaca, 70 miles (about 1 1/2 hours) from Syracuse, 190 miles (about 3 hours) from Philadelphia, and 200 miles (about 3 hours) from New York City. Approximate driving time from Albany is 2 1/2 hours, 3 hours from Rochester, 4 1/2 hours from Buffalo.

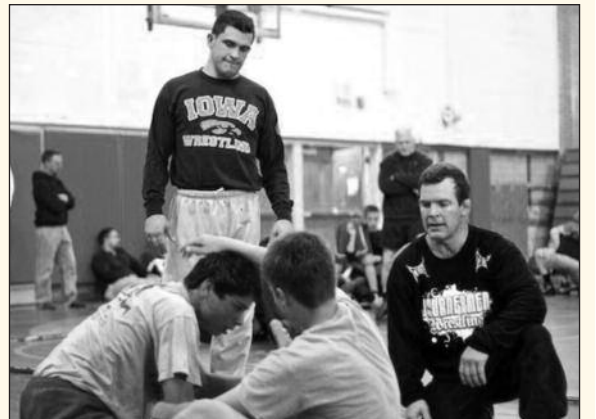


Directions to Estes Park - YMCA of the Rockies

The YMCA Estes Park Center is located and nestled in the gorgeous Rocky Mountain range. **YMCA Estes Park Center, 2515 Tunnel Road, Estes Park, CO 80517.** The camp is exactly 4 miles west of Estes Park, Colorado, 65 miles northwest of Denver (1 hour, 20 minute drive), south 90 miles from Cheyenne, WY (1 hour, 30 minute drive), 300 miles west of Scottsbluff, NE (3 hour, 30 minute drive) and 290 miles northwest of Colby, Kansas (4 hour, 30 minute drive).



The University of Iowa has arguably one of the richest traditions and records of excellence in the world of collegiate wrestling. "Iowa" and "wrestling" have become synonymous with one another in the world of athletics. Through 2010, the Iowa Hawkeyes have won 23 national titles and 34 Big Ten titles. 22 NCAA titles in the last 34 years! Legendary Coach Dan Gable led the charge by winning nine straight NCAA team championships (1978 to 1986) and twice won three in a row (1991 to 1993 and 1995 to 1997). During their reign as one of the most prolific collegiate wrestling programs ever, Iowa has amassed 269 All-Americans and 77 NCAA individual Champions. *Sports Illustrated* named the Iowa program one of the top sports dynasties of the 20th century. Arguably two of the most decorated and notable Hawkeyes in Iowa history are the Brands Brothers - Tom and Terry.



Costs Apply online at www.journeymenwrestling.com or by snail mail with the attached application. Application requires a deposit. All campers must complete and mail in the attached medical form. All remaining balances are to be paid AT REGISTRATION via **cash or money orders. A \$25 surcharge is assessed for applications that arrive within 10 days of camp.**

Texas Camp: \$250 Commuter Wrestler or Commuter Coach

Colorado Camp: \$450 Resident/\$350 Commuter or Resident Coach

New York Intensive Camp:

\$635 Resident/\$500 Commuter or Resident Coach

New York Competition/Technique Camp:

\$435 Resident/\$350 Commuter or Resident Coach

Fees The camps include instruction, room and board (where applicable), secondary insurance, facility usage, and a team camp shirt. Please note: No food or lodging is provided for commuters.

Key Deposits As with any summer camp, lost keys is an issue. Binghamton University and the YMCA charge Pale Face Athletics, LLC for each key destroyed or lost; therefore a **\$75 key deposit is required at check in.** A separate and distinct check should be brought to registration.

Families with multiple attendees can put all key deposits on one check. All other payments should be separate. Please write the campers last name and "Key Deposit" on the memo line. This will only be cashed if a key is lost.

Check In

Texas Camp in South Grand Prairie, TX: Registration is at S. Grand Prairie High School, indoor football field - **301 W Warrior Trail, Grand Prairie, TX on June 7, 9-10 a.m.** Follow the signs.

Estes Park, CO-YMCA Camp: Registration is 2-4:15 p.m., Thurs., June 21 at the administration building on the YMCA grounds.

Binghamton University - NY Camps: Registration is from 10 a.m.-12 p.m., Sat., July 7 (Intensive) and 9:30-11:30 a.m., Mon., July 9 (Competition/Technique) respectively and will take place in the lobby of the West Gym. Follow signs for check in.

The first meal served for the Estes Park, CO camp will be dinner on June 21, while the first meals for both NY camps will be dinner after your first session on July 7 or July 9 (depending on which camp you're participating in). The last meal served for the Estes Park, CO camp is lunch on June 24. The last meal served for the NY camps will be lunch on July 12.

Check Out for Estes Park, CO-YMCA Camp will be approximately 5:30 p.m. on June 24. Check out for the NY camps will be July 12 at 4:30 pm. For logistical reasons, we strongly discourage early check outs.

Facilities

Binghamton University has been consistently rated as one of the premier universities in the United States of America. U.S. News & World Report has named Binghamton among its top 50 public universities in the nation for the last ten years. The Binghamton campus—spread over 887 acres on a wooded hillside above the Susquehanna River—features physical facilities that are modern, attractive, accessible and exceptionally well-maintained. Binghamton's facilities for the Iowa/Binghamton Wrestling camp are some of the best in NY State.

The YMCA Estes Park Center is nestled in the heart of Colorado's picturesque Rocky Mountains. The center has 860 beautiful acres and can accommodate 3,500 people in its 7 lodges and 206 family cabins. Visit their website at <http://www.ymcarockies.org/>.

Health Insurance

Participants in the camp will be covered by secondary accident insurance provided by the camp's tuition. The non-duplicating policy covers medical expenses within the range of its limits, except for those costs covered by any other valid and collectible insurance policies. **No one will be admitted to the camp without a signed release and a primary insurance policy.** Both must be provided on the application.

Binghamton emergency contact number: **(607) 777-6479.**

Estes Park emergency contact number: **(800) 777-9622.**

Texas emergency contact number: **(817) 507-7520.**

Supervision and Rules

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.

"Semper Fi" US Marine Corps - The Marines are arguably the best-conditioned and most fit soldiers in the world. That attitude and mentality is why a brotherhood exists between the Corp and wrestling. The beloved Corp's drill instructors will join "forces" with our NY Camps. The USMC will assist us in instilling some "early morning motivation."

Pushups, pull ups and good ole'-fashion runs will add to the ambiance and the conditioning part of the campers' experience.

