

# JOURNEYMEN WRESTLING CLUB

## is the Wrestling Place To Be!



### TOP-TIER FOLKSTYLE STAFF

Dominick Moyer (Former Head Assistant, D-I Northern Illinois)  
*Supplemented by our decorated local coaches:* Shaun Miller, Dan Palmerino, John Paris, Evan Wallace, Chris Capezuti, Mark Hitchcock, Jeremy Eggleston, Antonio Lomoscolo, Jason Little, Chad Languish, Steve Jones, and Frank Popolizio



### WORLD-LEVEL FREESTYLE STAFF & CLINICIANS

Meerim Zhumanazarova • Olympic Silver Medalist and World Champion



### BUILDING CHAMPIONS

Class, Sectional, State, and National!



### MEMBER OF PNL (Premier National League)

which gives our members access to the best competitors and competitions in the USA



**COMMUNITY** Learn to give back to those in need and develop a better understanding of compassion and selflessness. Journeyman Wrestling has partnered with the Logan Strong Foundation and the Ronald McDonald House to support and empower families battling childhood cancer



**SMALL GROUP TRAINING** Whether it's fine-tuning positioning, mastering transitions, or sharpening mat awareness, small group sessions create an environment where wrestlers can push each other while still receiving the detailed feedback they need to grow



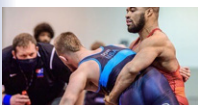
### PRIVATE LESSONS

Work on techniques that are relevant to your journey and development needs



### TEAM BUILDING EXERCISES

Using fun activities to build rapport, camaraderie and leadership!



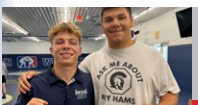
### WORLD TEAM MEMBERS

Jesse Porter – Greco Roman World Team Member



### WORLD MEDALISTS

Nick Gwiazdowski – 2X World Bronze



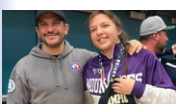
### NATIONALLY RANKED D-I COLLEGE WRESTLERS

Brock DelSignore and Stevo Poulin – top-10 NCAA Division I wrestlers in their respective weight classes



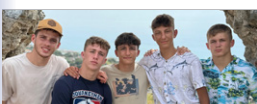
### UNITED STATES ARMED FORCES RECRUITS

Austin Horender – Canajoharie/FT Plain – United States Marine Corps



### OUTSTANDING GIRLS' DIVISION – lead by Coach Palmerino (Shenedehowa HS)

Brynn Shepardson – NYS Champion and Nationally Ranked



### FOREIGN EXCHANGE/CAMPS

July 3-13, 2025 – Naples and Calabria, Italy



### HOW TO REGISTER

Register online at [www.Journeymenwrestling.com](http://www.Journeymenwrestling.com), under clubs, look for **Register NOW** link. As an alternative, visit [Tournaflex.com](http://Tournaflex.com) and look for **2025 Journeymen HS Club: Off-season, \$1399 Annual**. You have the option of paying online (link via credit card) or with cash. **NO CHECKS**. Once registered, please hand-deliver medical forms to Coach Popolizio or Coach Miller.

### HOW MUCH?

*Journeymen 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)**

**Member** - Group of wrestlers will get access to special guest clinicians, competitions and practice times. **100-member limit**: Price is for 9 months (March-October): \$1399.00 (broken up into three monthly payments: February-March-April. There is no pausing of memberships.

**Returning Seniors** - Pertains to seniors heading off to college in the fall: \$999 (three payments)

**Semi-Private Lessons (Groups of 4)** - Call to inquire about pricing.

*Journeymen 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.*

### REFUNDS

There are no refunds for any reason once the 2025 session begins.

### VENUES

#### JV Boys and Girls Nights:

Tuesday & Thursdays 5:00-6:45 PM

**Niskayuna High School** - 1626 Balltown Rd., Niskayuna, NY

(March-end of June, afterward will combine with varsity groups)

#### Varsity:

Monday 4:00-5:30 PM

Wednesday, Thursday 5:30-7:00 PM

Sunday 10:30 AM-12:15 PM

**Journeymen Training Center** - 100 Saratoga Village Blvd., Suite 22, Malta, NY

#### THE CLUB IS CLOSED:

April 4, 7-8, 2025: World Camp, Union College - Schenectady, NY

June 27-30, 2025: NC State Camp – Niskayuna, NY

July 28-30, 2025: Penn State Camp – Clifton Park, NY

August 7-9, 2025: Smith & Co Camp – Malta, NY

*These dates are tied to our local camp efforts. Club members should take advantage of these supplemental renowned opportunities.*

### 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, we use the TEAMSAPP to send group text messages. It is imperative that both the parents' and the athlete's numbers are in this system. Finally, sign up on our Journeymen Wrestling facebook page and twitter handle – @jmenwrestling. If a practice is cancelled or a time change is contemplated, we'll inform you through one 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 20+ years, it has also produced some space issues. We now strictly limit the allowable members to 100...no more than that. This makes it the leanest the club has ever been. We feel that the limits offer exclusiveness and more one-on-one attention.

### ELIGIBILITY

Who's in, who's not? Wrestlers from 8th 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). 7th and 8th graders are also eligible for our Mini Men program. We assess each athlete to determine what the best fit is.

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

### INSURANCE

All members are responsible to secure their own secondary insurance. Journeymen Wrestling does not provide accident and health insurance coverage. You must provide proof of this secondary coverage before you are allowed to wrestle in the club. Since Journeymen Wrestling Club is a sanctioned club with USA Wrestling and NYWAY, athletes can secure coverage via USA Wrestling or NYWAY.

USA Wrestling - <https://www.usawmembership.com>

NYWAY - <http://www.nyway.org>

Please be mindful that this is not included in your tuition. Furthermore, this coverage is a secondary insurance plan, but is mandatory for all participants nonetheless.