

# JOURNEYMEN WRESTLING PRESENTS Cael Sanderson Penn State Wrestling



## GEORGIA TRAINING CAMP (5th-12th Grade) JUNE 19-22, 2025



### Purpose and Goals

Dear Wrestling Coaches and Wrestlers:

On behalf of Journeymen Wrestling, our clinicians and staff, it is our privilege to invite you to experience the new era of Penn State wrestling. Regardless of your skill level, we promise to give you the opportunity to improve your wrestling prowess through lecture, demonstration, and plenty of on-mat application. Our staff will partner up with the Penn State coaching staff and wrestlers to ensure you receive the instruction you need to become a more accomplished grappler. Please plan on joining us this summer in one of our wrestling camp programs. We are certain that you will not be disappointed.

Best regards,  
Frank Popolizio, Camp Director

### Camp Description

Talk about the best of both worlds! We have created a combo camp that will take the best elements from a team, technique and intensive training camp. This camp will be great for teams and individuals to establish camaraderie, leadership and mental strength. Everyone knows that wrestling is an individual sport; however, the team element is an essential ingredient in any wrestler's success. We recommend teams come with their full roster in order to get the true meaning of this camp. The camp clinicians and counselors will teach the same cutting-edge techniques and philosophies that are currently being used in the PSU room today. Be prepared for situational live wrestling daily and for tournament-style wrestling! Early-morning

runs and session-ending conditioning will challenge your mental psyche and your emotional toughness. This camp will be demanding, however, it will provide the mental and physical tools needed to be champions in the upcoming season.

### Fees

**\$540 Resident/\$375 Commuter or Coach** The camp includes instruction, room and board, secondary insurance, and facility usage. Please note: No food or lodging is provided for commuters. **400 Wrestler Maximum Limit**

### Deposit

A \$225 deposit is required for the camp application. Apply online at [www.journeymenwrestling.com](http://www.journeymenwrestling.com) or attach a check for deposit, made payable to Jawbone Wrestling, LLC. All campers must complete and mail the attached medical form. **ONLY CASH OR MONEY ORDERS** will be accepted at check-in for the remaining camp balance. Absolutely no checks! **A \$25 surcharge is assessed for applications received within 10 days of the start of camp.**

### Key/Security Deposit

As with any summer camp, lost keys are an issue. The University of West Georgia charges Jawbone Wrestling, LLC for each key destroyed or lost; therefore, **a \$50 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 athlete's name and "Key/Security Deposit" on the memo line.** This will only be cashed if a key is lost.

## Refunds

There will be no refund of deposit once it is received by Jawbone Wrestling, 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.

## 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.

- We will have as many staff members as possible at each camp. Because of training schedules, we can't guarantee that everyone listed will be at every camp.
- Sessions fill up early, so get your applications in soon. Check-out will begin after the first morning technical session. We look forward to working with you this summer!

## What to Bring

Bring your own bedding, a pillow, sheets, and towels. Two people will be assigned to each room at check-in, unless suites are available. Each camper will be expected to supply his own workout gear, shoes, shirts, shorts, singlets, etc.

Bring a supply of Defense Soap to prevent skin infections. This is critically important!

Defense soaps are triple-milled and have a TFM (fatty acids) of 77% for a deep, rich cleansing lather. Defense Soap contains no fillers, perfume, alcohol, scents, Triclosan, or any other chemicals that can impact the quality. They contain a full 2% concentration of tea tree and eucalyptus oils; natural antimicrobial ingredients known to be effective against ringworm, staph, impetigo, herpes, jock itch, and athlete's foot.



## Check-In and Check-Out

**Check-in is June 19, 2:45-5:45 PM.** Half the camp will be requested to check in from 2:45-4:30 PM, while the other half from 4:30-5:45 PM. The camper's geographical location will ultimately determine their assigned check-in time. Once registered, we will meet up at the The Coliseum-Arena at 6:30 PM for our initial meeting followed by our first wrestling session. Session 1 on day one will officially run from 7:00-9:00 PM, so bring your gear, shoes and Defense Soap to that initial meeting, as Session 1 directly follows.

Look for and follow "Wrestling" signs when entering campus.

**Check-out is June 22 at 1:00 PM.** This will occur directly at your dorm unless otherwise notified. For logistical reasons, we strongly discourage early check-out. Please check out at the listed time. The first meal served will be breakfast on June 20 and the final meal will be breakfast on June 22.

## University of West Georgia

325 West Georgia Dr.  
Carrollton, Georgia



The University of West Georgia is the state's seventh-largest public university. The University System of Georgia named UWG its Institution of the Year and Dr. Kyle Marrero its President of the Year in 2015. USG presented the university's Mass Communication program its Teaching Excellence Award in 2016.



UWG's football team finished the 2015 season ranked third in the nation. The university's baseball and basketball teams earned spots in their respective NCAA Division II tournaments in 2016 and UWG cheerleading won its 19th national title at the United Cheerleading Association Nationals in the Division II co-ed competition.

**The University of West Georgia Emergency Contact Number: (678) 839-5000**

## Health Insurance

Primary health insurance is a prerequisite. Camp participants 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.



Pizza night fun every night at camp

## Rules, Regulations, & Supervision

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 an athlete will be accepted into the camp.

Minimum age for campers is fifth grade.



Mitchell Mesenbrink, NCAA runner up, was camp counselor at the 2024 camp.

## Coach Sanderson Coaching Achievements and Honors

- NCAA Team Championships (10x)  
2011, 2012, 2013, 2014, 2016, 2017, 2018, 2019, 2022, 2023
- NCAA Runner-Up Finishes (2x) – 2015, 2021
- Big Ten Team Championships (8x)  
2011, 2012, 2013, 2014, 2016, 2018, 2019, 2023
- NWCA National Coach of the Year (6x) - 2011, 2013, 2016, 2018, 2019, 2023
- Big Ten Coach of the Year (6x) - 2012, 2016, 2018, 2019, 2020, 2023
- Dan Gable Coach of the Year Award
- Led PSU to 85+ NCAA Individual titles under his tenure



Cael Sanderson demonstrates during our technique session. Athletes are allowed to choose which clinician they'd like to learn from during technique sessions

## Directions to Carrollton Campus

From Atlanta: Travel I-20 West to Villa Rica/UWG Exit 24 and turn left (west) onto Hwy. 61. Travel about 12 miles to Hwy. 166 (Carrollton South Bypass) and turn left onto the 166 Bypass where Grace Lutheran Church will be on the right. (Other landmarks to watch for before you reach the light at Hwy. 166 includes Pugmire Ford and Grace Lutheran Church on the right and McDonald's, Zaxby's and Longhorn Steak House on the left.) On the 166 Bypass, travel to the 6th traffic light. A CVS will be on the corner. At that light, turn right onto Maple Street (also Hwy. 166). UWG will be on the left about 6/10 of a mile along Maple Street.

**From Birmingham:** Travel I-20 East to Bremen/UWG Exit 11 (Old exit 3), turn right (South) and follow Hwy. 27 South into Carrollton, turn right onto Maple Street (Hwy. 166). UWG will be on the right approximately 2 miles.

**From Rome:** Travel Hwy. 27 South into Carrollton, turn right onto Maple Street (Hwy. 166). UWG will be on the right approximately 2 miles.

**From Columbus:** Travel I-185 North to Newnan, take Hwy. Alt. 27 North to Carrollton. Turn left (south) onto By-Pass 166. At the 4th traffic light, turn right onto Maple Street (Hwy. 166) and UWG will be on the left approximately 6/10 of a mile.

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## Camp Directors



**Frank Popolizio**

- Head Coach, Journeymen Wrestling Club
- Camp Assistant Director
- National Hall of Fame Inductee - 2018 Upstate NY Chapter
- 2009 New York State High School Assistant Coach of the Year
- 2007, 2008, 2011, 2102 NY State Champs
- Assistant Coach, Shenendehowa High School



**Cody Sanderson**

- Associate Coach, Penn State University
- Two-time NCAA Finalist

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## Camp Clinicians



**Cael Sanderson**

- Head Coach, Penn State University
- Olympic Champion
- Undefeated Collegiate Wrestling Career



**Casey Cunningham**

- Assistant Coach, Penn State University
- NCAA National Champion



**Adam Lynch**

- Director of Operations

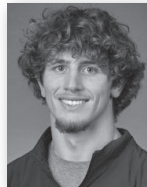


**Jae Varner**

- Olympic Champion

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## Camp Counselors



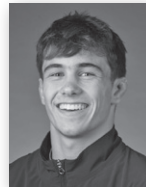
**Levi Haines**

- 2023 NCAA Champion



**Mitchell Mesenbrink**

- NCAA Runner Up



**Luke Lilledahl**

- World Champion

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**Tuition: \$540 resident camper/\$375 commuter or resident coach**

**\*Remember only cash or money order will be accepted for balance at check-in**

**\$225 deposit, \$315 due at check-in. Resident Coach - \$225 deposit, \$150 due at check-in**

### APPLICATION FORM

You need to register online at

[www.Journeymenwrestling.com](http://www.Journeymenwrestling.com)

via the Tournaflex segment, drop down to Penn State Wrestling Camp - pay deposit online

**Remember to complete and mail in the medical form.**

*This camp is a non-institutionally owned camp. The camp is not owned by Penn State University or any of its employees. This camp is owned by Jawbone Wrestling Camps, LLC and marketed by Journeymen Wrestling. Wrestlers from Penn State University will act as camp counselors. The camp is open and available to all.*



For more information contact [www.journeymenwrestling.com](http://www.journeymenwrestling.com) or call 518-441-2374