

## Camp Directors



### Cael Sanderson

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



### Frank Popolizio

- Head Coach, Journeymen Wrestling Club
- Head Assistant at Shenendehowa High School
- 2009 New York State High School Assistant Coach of the Year
- 2007, 2008, 2011 NY State Champions

## Camp Clinicians



### Cody Sanderson

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



### Casey Cunningham

- Assistant Coach, Penn State University
- NCAA National Champion



### Pat Popolizio

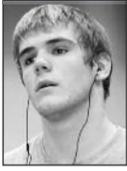
- Head Coach Binghamton University



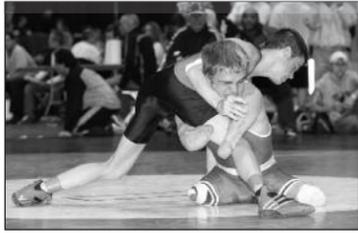
### Adam Lynch

- Director of Operations, Penn State University

## Special Guest Speaker



**Dustin Carter**  
Inspirational Wrestler



## Camp Counselors



### Quentin Wright

- 2011 NCAA Champion
- NCAA All-American
- 2008 Fila Jr National Champion



### Ed Ruth

- 2011 NCAA All-American
- PSU Sophomore
- High School All-American
- High School National Champion



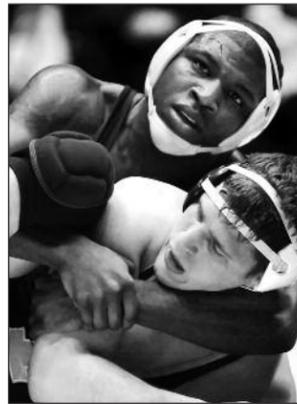
### Dylan Alton

- Three-time PIAA State Champion
- PSU Freshman
- 2008 Junior National Champ in Greco Roman Fargo Champ in Freestyle



### David Taylor

- NCAA Runner Up at Penn State University
- NCAA All-American as a Freshman
- 2011 Big Ten Champ at 157
- Two-time High School Ohio Wrestler of the Year



*Counselors and Clinicians are subject to change*

## Medical Form

**Pertinent Medical Information**

PARENT OR GUARDIAN: \_\_\_\_\_ HOME PHONE: \_\_\_\_\_ E-MAIL ADDRESS: \_\_\_\_\_ BUSINESS PHONE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

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 Berry College 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 \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

DATE \_\_\_\_\_

PARENT OR GUARDIAN SIGNATURE \_\_\_\_\_



**\*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.journeymenwrestling.com](http://www.journeymenwrestling.com)

Note: The University does not carry group Medical Coverage for This Program

**Return Medical and Application Forms to**  
Jawbone Wrestling, LLC  
2220 Balltown Road, Niskayuna, NY 12309

## Application Form

Complete and mail this application form  
OR apply online at [www.journeymenwrestling.com](http://www.journeymenwrestling.com)  
Remember to complete and mail in the medical form.

MAKE DEPOSIT PAYABLE TO Jawbone Wrestling Camps, LLC

**Georgia Training Camp**  
**(5th-12th grade)**  
**June 13-16, 2012**  
200 WRESTLER MAXIMUM LIMIT

**Tuition: \$435 resident camper/  
\$350 commuter or resident coach**

- Enclosed is my \$150 deposit *\*remember only cash or money order will be accepted for balance at check in*
- Resident – \$150 deposit, \$285 due at check in
- Non-Resident (no meals or rooming) – \$150 deposit, \$200 due at check in
- Resident Coach – \$150 deposit, \$200 due at check in

LAST NAME \_\_\_\_\_ FIRST NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

HOME PHONE \_\_\_\_\_

WEIGHT \_\_\_\_\_ GRADE, FALL OF 2012 \_\_\_\_\_ SHIRT SIZE \_\_\_\_\_

SCHOOL ATTENDING \_\_\_\_\_

E-MAIL ADDRESS (required) \_\_\_\_\_

**RETURN APPLICATION TO**  
**Jawbone Wrestling Camps, 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.

**Journeymen Wrestling**  
2220 Balltown Road  
Niskayuna, NY 12309



## JOURNEYMEN WRESTLING CAMPS

featuring

**Cael Sanderson**  
and  
**Penn State Wrestling**



**South-East Location**  
Berry College  
Mount Berry, Georgia  
**June 13-16, 2012**

*Close to Atlanta, Tennessee, Alabama,  
North Carolina, and Florida*

for more information, visit  
**Journeymenwrestling.com**

## JOURNEYMEN SUMMER CAMPS 2012

# Cael Sanderson and Penn State Wrestling

South-East Location • Berry College • Mount Berry, Georgia  
June 13-16, 2012

Close proximity to Atlanta, Tennessee, Alabama, North Carolina, and Florida



### 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



### 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. 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. **MATGUARD® ANTISEPTIC WIPES** contain a patented formulation that has proven to be extremely effective at killing 99.9% of the germs, viruses and bacteria that people involved in athletic and physical activity come in contact with. [www.matguardusa.com](http://www.matguardusa.com)

### Check In and Check Out

Check in June 13, 9:30 am-12:30 pm

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

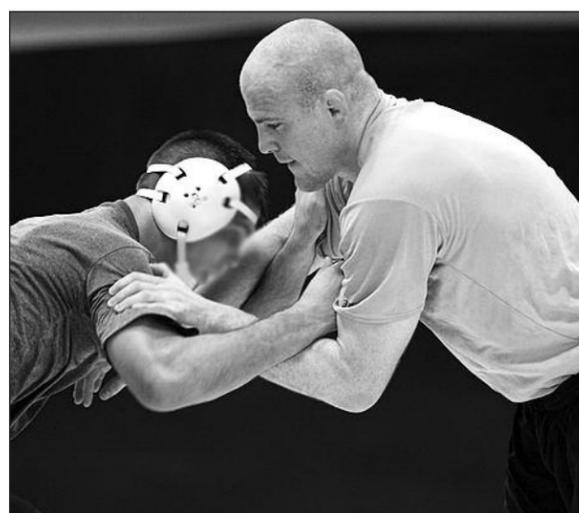
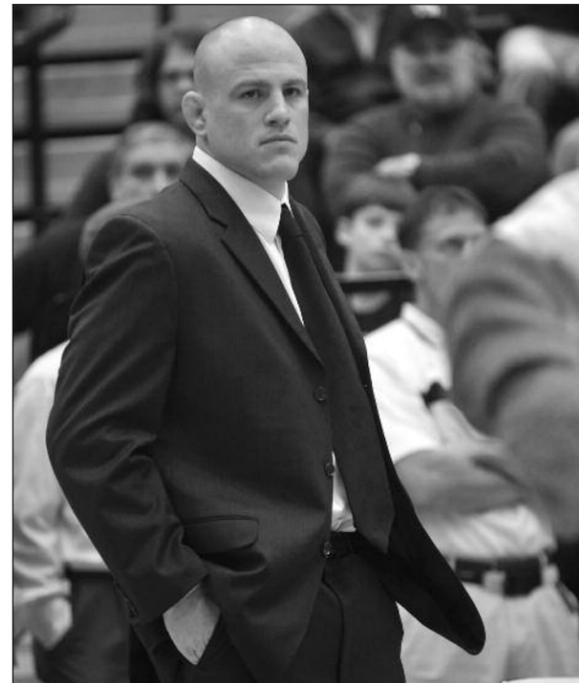
Check out is June 16 at 4 pm. For logistical reasons, we strongly discourage early checkouts. Please check out at the listed time. The first meal served will be dinner on June 13 and the final meal will be lunch on June 16.

### Typical Schedule

6:00-7:00 am - Run	5:00-6:00 pm - Dinner
7:30-8:30 am - Breakfast	7:00-9:00 pm - Instruction and Live Wrestling
9:00-10:30 am - Instruction	
11:30-12:30 pm - Lunch	10:30 pm - In Rooms
1:00-3:00 pm - Instruction and Live Wrestling	11:00 pm - Lights Out

### Coach Sanderson and PSU

In the spring of 2009, PSU named national wrestling legend, Cael Sanderson, their 12th head wrestling coach and immediately, the nation looked East as a roomful of already dedicated Nittany Lion grapplers smiled, cheered and geared up for a new era in Penn State wrestling. That new era of wrestling helped produced fast yielding dividends – Penn State Wrestling won the 2011 NCAA Wrestling national championship in Philadelphia's Wells Fargo Center. It is the school's first title since 1953 and becoming the first east coast school to win the crown since that year. Sanderson came to Penn State after three extremely successful years as the head coach at Iowa State. As a wrestler, Sanderson established himself as the most dominant collegiate competitor in NCAA history. In four years, Sanderson never lost. From 1999-2002, he posted a 159-0 career record (going 39-0, 40-0, 40-0 and 40-0); won four individual National Championships; won four Most Outstanding Wrestler awards at the NCAA Championships (the only wrestler in NCAA history to do so); became the first freshman in NCAA history to win the O.W. honor and won three Dan Hodge Trophies as the nation's best collegiate wrestler (also a collegiate first). The four-time All-American's four-year streak of perfection was called the No. 2 most outstanding achievement in collegiate sports history by *Sports Illustrated*. His wrestling career culminated in 2004 when he won the 84 kg Olympic gold medal in Athens, Greece.



### 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 \$435 Resident/\$350 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.

### Deposit

A \$150 deposit is required for the camp application. Apply online at [www.journeymenwrestling.com](http://www.journeymenwrestling.com) or by snail mail with the attached application and 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 Deposit

As with any summer camp, lost keys are an issue. Berry College charges Jawbone Wrestling, 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 your name and "Key Deposit" on the memo line.** This will only be cashed if a key is lost.

*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.*

### Berry College

2277 Martha Berry Hwy NW • Mount Berry, GA 30149

Founded in 1902, Berry College has one of the most picturesque campuses in the country. Berry College offers an unusually beautiful environment on its 26,000-acre campus, one of the world's largest. Fields, forests, lakes and mountains provide scenic beauty in a protected natural setting. Nationally recognized for both quality and value, Berry is an independent, coeducational college of approximately 1,850 students that offers exceptional undergraduate degree programs in the sciences, humanities, arts and social sciences, as well as undergraduate and master's level opportunities in business and teacher education.

**Berry College Emergency Contact Number: (706) 232-5374**

### Health Insurance

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.

### 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.

### 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.

### Directions to Berry College

**From Atlanta, Georgia:** Approx. 1 hr., 20 min. Take I-75 N to Rome-Canton Exit 290. Take left off exit, drive 2.5 mi., then road ends at a light. Turn left, then take an immediate right onto Highway 41 North (to reach Highway 411). Drive 2.8 mi., then take Highway 411 South exit (on right). Drive 17.3 mi., then turn right at light onto East Rome Bypass (Rome Loop 1). Drive 8.4 mi., then take right at light (see The Martha Berry Museum on your left) onto Martha Berry Highway (U.S. Highway 27 North). Drive 0.7 mi., then turn left into Berry College main entrance.

**From Birmingham, Alabama:** Approx. 2 hrs., 15 min. Take I-59 North to I-759 at Gadsden. Take I-759 to 411 N Take 411 North from Gadsden to Centre. At Centre, take Alabama 9 to Georgia. At the Georgia state line Alabama 9 will turn into Georgia State 20. Take Georgia State 20 to Rome. At Floyd Medical Center (on your right) in Rome, turn left onto Highway 27 (Martha Berry Highway). Drive on U.S. Highway 27 until you reach the main entrance to Berry College (on left).

**From Chattanooga, Tennessee:** Approx. 1 hr., 30 min. Take I-75 South to Exit 312 (Highway 53). Take Highway 53 West through Calhoun to Rome (approximately 25 mi.). Turn right onto Rome Loop 1 (Veterans Memorial Highway) at the light (you will see Calvary Baptist Church on your right). Turn right at the 3rd light (see The Martha Berry Museum on your left) onto Martha Berry Hwy (U.S. Highway 27 North). Drive 0.7 mi., then turn left into Berry College main entrance.

### Airport

Atlanta's International Airport (Hartsfield-Jackson) is served daily by many major airlines, including: Air Tran, American, Continental, Delta, Frontier, Midwest, Northwest, Spirit, United and US Air. Hartsfield-Jackson Airport is approximately 1 hour and 20 minutes from Berry College.



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