

Camp Directors



Casey Cunningham
• Assistant Coach, Penn State University
• NCAA National Champion



Frank Popolizio
• Head Coach, Journeymen Wrestling Club
• Head Assistant, Shenendehowa HS
• 2009 New York State High School Assistant Coach of the Year
• 2007, 2008, 2011, 2012 NY State Champions

Camp Clinicians



Cael Sanderson
• Head Coach, Penn State University
• Olympic Champion
• Undefeated Collegiate Wrestling Career

Cody Sanderson
• Associate Coach, Penn State University
• Two-time NCAA Finalist



Adam Lynch
• Director of Operations, Penn State University



Casey Cunningham motivates the gang after their early morning challenge.

Application Form

You need to register online at www.Journeymenwrestling.com via the Tournaflex segment, drop down to Penn State Wrestling Camp – pay deposit online
If unable to pay online, MAKE DEPOSIT PAYABLE TO Jawbone Wrestling Camps, LLC
Remember to complete and mail in the medical form.

Georgia Training Camp
(5th-12th grade)
June 17-20, 2016
200 WRESTLER MAXIMUM LIMIT
**Tuition: \$450 resident camper/
\$365 commuter or resident coach**

****Remember only cash or money order will be accepted for balance at check in***
☐ Resident – \$150 deposit, \$300 due at check in
☐ Non-Resident (no meals or rooming) – \$150 deposit, \$215 due at check in
☐ Resident Coach – \$150 deposit, \$215 due at check in

LAST NAME

FIRST NAME

ADDRESS

CITY

STATE

ZIP

HOME PHONE

WRESTLER

GRADE, FALL OF 2016

SHIRT SIZE

SCHOOL ATTENDING

DATE OF BIRTH

E-MAIL ADDRESS (required)

SIGN AND RETURN MEDICAL FORM BY MAIL TO:

Jawbone Wrestling Camps, LLC

101 Mohawk Ave., Scotia, NY 12302

FOR OFFICE USE ONLY

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

Camp Counselors



Jimmy Gulibon
• NCAA All-American



Zain Retherford
• NCAA All-American



Bo Nickal
• Nationally ranked starter for the Nittany Lions



Matt McCutcheon
• Nationally ranked starter for the Nittany Lions



Shakur Rasheed
• Nationally ranked starter for the Nittany Lions



Special Guest
Nick Gwiazdowski
• North Carolina State RS-Sr.
• Two-time NCAA Champion

Counselors and clinicians are subject to change



Coach Cody Sanderson poses for a quick picture with a camper after the technique session at the 2015 camp.

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

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.journeymenwrestling.com

Note: The University does not carry group medical coverage for this program

Return Medical Form by mail to

Jawbone Wrestling, LLC

101 Mohawk Ave., Scotia, NY 12302

JOURNEYMEN WRESTLING CAMPS

Featuring

Cael Sanderson

Penn State Wrestling

Southeast Location

Berry College

Mount Berry, Georgia

June 17-20, 2016

Close proximity to Atlanta, Tennessee, Alabama, the Carolinas, and Florida

for more information, visit

Journeymenwrestling.com

Journeymen Wrestling
101 Mohawk Ave.
Scotia, NY 12302

JOURNEYMEN

WRESTLING

JOURNEYMEN SUMMER CAMPS 2015

Cael Sanderson and Penn State Wrestling

Southeast Location • Berry College • Mount Berry, Georgia
June 17-20, 2016

Close proximity to Atlanta, Tennessee, Alabama, the Carolinas, and Florida



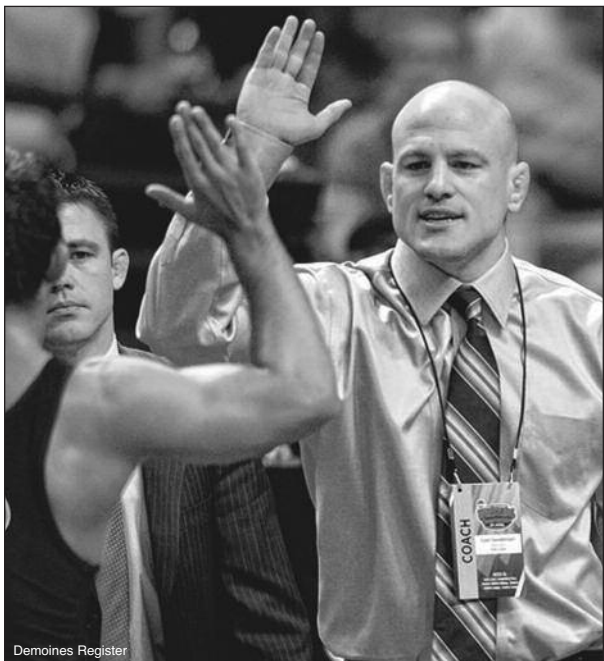
Purpose and Goals

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



Des Moines Register

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 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 17, 10:00 am-1:00 pm. Half the camp will be requested to check in from 10:00-11:30 am, while the other half from 11:30 am-1:00 pm. The camper's geographical location will ultimately determine their assigned check-in time. Once registered, we will meet up at the CAGE center at 1:45 pm for our initial meeting followed by our first wrestling session. Session 1 on day one will officially run from 2:00-4:00 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 20 at 3:00 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 17 and the final meal will be lunch on June 20.

Typical Schedule

6:00-7:00 am - Option 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 am -12:30 pm - Lunch	10:30 pm - In Rooms
1:00-3:00 pm - Instruction and Live Wrestling	11:00 pm - Lights Out

Berry College

2277 Martha Berry Hwy NW • Mount Berry, GA 30149

Berry College's 26,000-acre campus is one of the world's largest and most picturesque. 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 offering undergraduate degree programs in the sciences, humanities, arts and social sciences, as well as undergraduate and master's level opportunities in business and education.

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

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.

Rules, Regulations, & Supervision

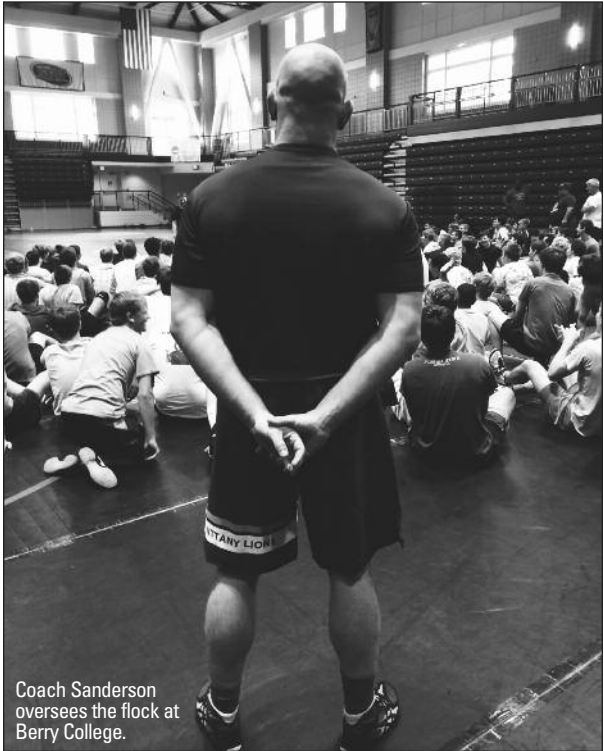
Rules will be read, discussed and signed off on by the camper. Violation of the rules could be grounds for immediate dismissal. There is a zero-tolerance attitude toward alcohol, drugs, fireworks, hazing or violence. Participants will be supervised during all organized times and in the dormitory. Campers 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.

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 – Beginning in 2010 all the way through 2013, Penn State Wrestling has won three consecutive national titles; The latest being in Des Moines, IA. 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.



Coach Sanderson oversees the flock at Berry College.

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

This camp is an 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.