

Camp Directors



**Terry Brands**  
• Camp Co-Director  
• Head Assistant Coach, University of Iowa  
• Former Olympic Training Center Coach  
• 2-time World Champion  
• Olympic Bronze Medalist



**Frank Popolizio**  
• Camp Co-Director  
• 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, 2012 NY State Champs



**Pat Popolizio**  
• Head Coach NC State University  
• Former Head Coach, Binghamton University; Top-15 finish at 2012 NCAA Tournament  
• Former Oklahoma State Standout

Camp Clinicians



**Frank Beasley**  
• Assistant Coach, NC State University  
• Former assistant coach, Buffalo and Binghamton Universities



**Matt Kaylor**  
• Volunteer Coach, NC State University



Application Form

It is required that you register online at [www.journeymenwrestling.com](http://www.journeymenwrestling.com) via the Tournaflex segment, drop down to Brands Bros. at NC State Wrestling Camp  
*Remember to complete and mail in the medical form.*  
*If you would like to pay via snail mail after you have registered online*

MAKE DEPOSIT PAYABLE TO Paleface Athletics, LLC

Brands Bros. NC State University Training Camps

**July 9-12**  
**(6th-12th grade) 150 SPOTS AVAILABLE**  
**Tuition: \$450 wrestler/\$350 coach**

- ☐ Enclosed is my \$130 deposit **\*remember only cash or money order will be accepted for balance at check in**
- ☐ Wrestler – \$130 deposit, \$320 due at check in
- ☐ Coach – \$130 deposit, \$230 due at check in (Coach with 10 or more athletes is free)

**July 27-29**  
**at Central Florida Wrestling Academy**   
**515 Brookhaven Dr., Orlando, FL**  
**(6th-12th grade) 150 SPOTS AVAILABLE**

**Tuition: \$275 commuter or resident coach**

- ☐ Enclosed is my \$100 deposit **\*remember only cash or money order will be accepted for balance at check in**
- ☐ Wrestler – \$100 deposit, \$175 due at check in
- ☐ Coach – \$100 deposit, \$175 due at check in (Coach with 10 or more athletes is free)

LAST NAME, FIRST NAME \_\_\_\_\_  
HOME PHONE \_\_\_\_\_  
**REGISTER ONLINE**

**PLEASE FILL OUT AND SIGN THE MEDICAL FORM AND RETURN TO Paleface Athletics, LLC**  
101 Mohawk Ave., Scotia, NY 12302

FOR OFFICE USE ONLY				
Date Rec'd	Date Cont	Amt Dep	Bal Due	Rect No.

Hawkeye Counselors



**Bobby Telford**  
• Hawkeye Starter at HWT  
• 2012 All-American  
• 2-time HS State Champion



**Cory Clark**  
• 2014 Hawkeye Starter at 125 lbs  
• HS 4-time Iowa State Champion



**Mike Evans**  
• NCAA All-American  
• Hawkeye Starter at 174 lbs



**Tony Ramos**  
• NCAA Runner Up

Wolfpack Counselors



**Nick Gwiazdowski**  
• 2012 NCAA All-American  
• Wolfpack Starter at HWT



**Tommy Gantt**  
• Wolfpack Starter at 157 lbs



**Joe DeAngelo**  
• 2013 NCAA Qualifier for the Wolfpack



**Peter Renda**  
• Wolfpack Starter at 174 lbs  
• Nationally Ranked  
• HS National Champion



**Michael Macchiavello**  
• Wolfpack Starter at 184 lbs

Counselors and clinicians are subject to change



Coach Brands talks mentality with 2-time NCAA Champion, Matt McDonough.

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 NC State University 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
<b>Waiver:</b> My son/daughter has been examined by a physician in the last year and is in good health. I hereby authorize the Brands/NC State Wolfpack Wrestling Camp staff to act for me, according to its best judgment 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

**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](http://www.journeymenwrestling.com)  
Note: The university does not carry group medical coverage for this program  
This is a New York State sanctioned summer camp.

**Return Medical and Application Forms to**  
Paleface Athletics, LLC  
101 Mohawk Ave., Scotia, NY 12302

JOURNEYMEN WRESTLING CAMPS

Featuring

THE BRANDS BROS.



AT

NC STATE UNIVERSITY



**July 9-12, 2014**  
NC State University, Raleigh, NC

**NEW**

**July 27-29, 2014**

Central Florida Wrestling Academy, Orlando FL  
[www.wrestlingflorida.com](http://www.wrestlingflorida.com)



For more information contact  
**[www.journeymenwrestling.com](http://www.journeymenwrestling.com)**  
or call 518-377-5309

Journeymen Wrestling

101 Mohawk Ave.

Scotia, NY 12302







# JOURNEYMEN SUMMER CAMPS 2014 THE BRANDS BROTHERS AND IOWA WRESTLING

NC State University Training Camps  
July 9-12 • Raleigh, NC – July 27-29 • Orlando, FL  
[www.journeymenwrestling.com](http://www.journeymenwrestling.com)



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 made a resurgence as one of the legitimate programs of the Northeast. After reinvigorating Binghamton's wrestling program, Pat Popolizio has taken over the NC State Wolfpack wrestling program. The tradition of both programs, along with Journeymen Wrestling, will all converge and partner up July 9-12 and July 27-29 for unprecedented wrestling. 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. This camp will provide you with those opportunities.

## Typical Schedule for BRANDS/NC State Wolfpack Training Camp

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



## Schedule for BRANDS/NC State Florida Camp

July 27

**Check in/Registration:** 9:00-10:30 am - at Central Florida Wrestling Academy, 515 Brookhaven Dr., Orlando, FL)

**Session 1:** 10:30 am-12:30 pm • Instruction, drill, live wrestling

**Lunch Break:** 12:30-1:30 pm

**Session 2:** 1:30-3:30 pm • Instruction, drill, live wrestling

July 28 & 29

**Session 1:** 9:30-11:30 am • Instruction, drill, live wrestling

**Lunch Break:** 11:30 am-12:30 pm

**Session 2:** 12:30-2:30 pm • Instruction, drill, live wrestling

**Session 3:** 3:00-3:30 pm • Hard drill

July 29 Check out: 3:30 pm

## BRANDS/NC State Wolfpack Training Camps

No one in wrestling is more intense than the Brands brothers! If you're looking for intensity, then search no further. These intensive camps are for the ultimate competitor. The camps will teach you the three most critical aspects of wrestling: technique, conditioning and strength (mental and physical). Through repetitive drilling and coach's direction, you will develop your body and mind to become an explosive performer on the mat. These camps 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, these camps will give you a mental edge to dominate your opponents.

## Application

Regardless of whether you pay online or by money order, everyone must register online first! Register online at [www.journeymenwrestling.com](http://www.journeymenwrestling.com) via the Tournaflex segment, drop down to Brands Bros. NC State Wrestling Camp. Snail mail 101 Mohawk Ave Scotia NY 12302. MAKE DEPOSIT PAYABLE TO Paleface Athletics, LLC. Application requires a deposit. 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.**

## Costs

**Brands/NC State Camp:** \$450 resident/\$350 commuter or resident coach

**Brands/NC State Florida Camp:** \$275 commuter/resident coach

The Brands/NC camps include instruction, secondary insurance, facility usage. Please note: No food or lodging is provided for commuters.

## Key Deposits

As with any summer camp, lost keys are an issue. University Towers (NC) charges Pale Face Athletics, 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 wrestler's name and "Key Deposit" on the memo line.** This will only be cashed if a key is lost.



## 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 camp will definitely fill up early, so please get your application in ASAP. We sold out last year. Check out will begin after the tournament on the last day of camp. We look forward to working with you this summer.

## What to Bring

To the NC Camp, bring your own bedding, a pillow, sheets, and towels. Two people will be assigned to each room at check in.

For both camps, each camper will be expected to supply his own workout gear, shoes, shirts, shorts, singlets, etc.

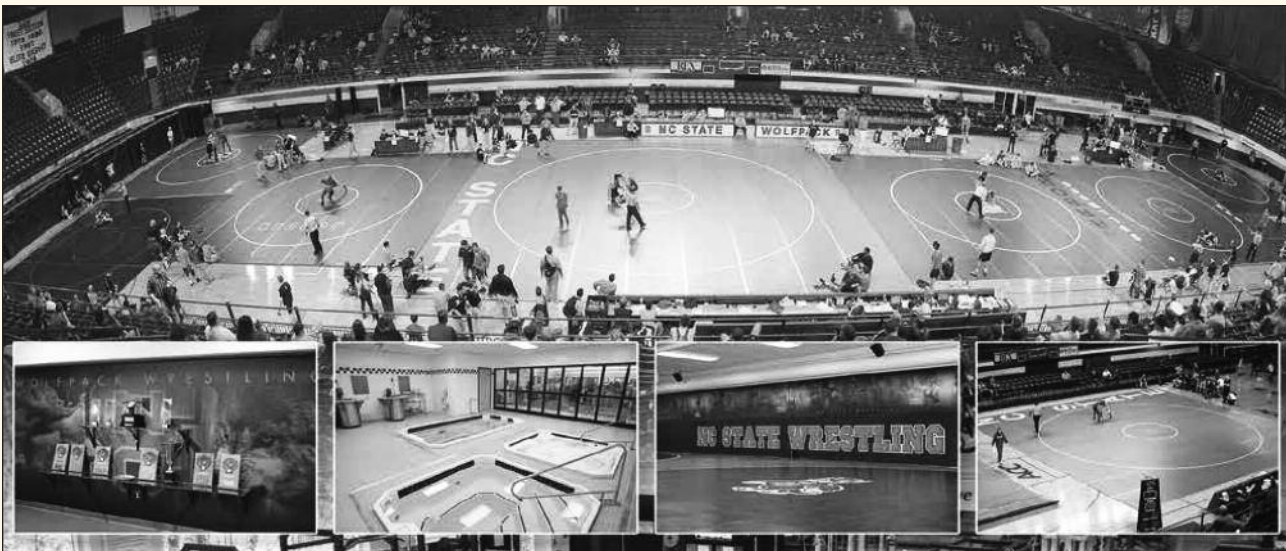


Bring a supply of Matguard to prevent skin infections.

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. For orders of Matguard please email Coach Popolizio at [Frank@Journeymenwrestling.com](mailto:Frank@Journeymenwrestling.com) or [www.matguardusa.com](http://www.matguardusa.com) directly.



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 2013, the Iowa Hawkeyes have won 23 national titles and 32 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 270 All-Americans and 78 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.



## Check In

NC Camp – 9:30 am-12:30 pm, July 9 – lobby of University Towers, 111 Friendly Dr., Raleigh, NC

Florida Camp – 9:00-10:30 am, July 27 – Central Florida Wrestling Academy, 515 Brookhaven Dr., Orlando, FL

## Check Out

NC Camp – 4:00 pm, July 12

FL Camp – 3:30 pm, July 29

For logistical reasons, we strongly discourage early check outs.



Coaches Beasley and Popolizio began their partnership at Binghamton University where they brought the Bearcats to a top-15 finish at the 2012 NCAA Tournament.

**These camp are non-institutionally owned camps. They are not owned by the University of Iowa or NC State University or any of their administration. Camps are owned by Paleface Athletics, LLC and marketed by Journeymen Wrestling. Wrestlers from the University of Iowa and NC State University will act as camp counselors. The camps are open to all.**

## Directions to NC State University Campus

### From Fayetteville via US 401

US 401 to Raleigh. Then take I-40 West\* to Gorman St., exit 295. Turn right at stoplight onto Gorman St. and follow to second traffic light. Turn right onto Avent Ferry Rd. After approximately 1.5 miles, turn left onto Western Blvd. Take second left onto Varsity Dr. The Joyner Visitor Center will be to your right.

### From Florida via I-95 North

Take I-95 North to I-40 West. Then follow directions via I-40 West\* above.

### From New York, Pennsylvania, Maryland and Virginia via I-95 South

I-95 South to I-85 South. Then take US 1 (which turns into Capital Blvd.) through downtown Raleigh. Turn right onto Western Blvd. and follow approximately three miles. Turn left onto Varsity Dr. The Joyner Visitor Center will be to your right.

### From Durham via US 70

US 70 to downtown Raleigh. (US 70 turns into Glenwood Ave.) Follow Glenwood Ave. to Oberlin Rd. Turn right onto Oberlin Rd. (approximately three miles). Turn right onto Hillsborough St. Take an immediate left at Pullen Rd., then veer right onto Western Blvd. At the third light, turn left on Varsity Dr. The Joyner Visitor Center will be to your right.

### From Chapel Hill and Durham via I-40

I-40 East approximately 25 miles to Raleigh. At I-40/Wade Ave. split, veer onto Wade Ave. At the third stoplight, turn right onto Faircloth St. Stay straight on Faircloth (which turns into Gorman St) and turn left at third light onto Western Blvd. Turn right onto Varsity Dr. The Joyner Visitor Center will be to your right.



July 13-14, 2014

Be a part of the Iowa/NC State camp and then stay to compete at the Pop & Flo Duals!