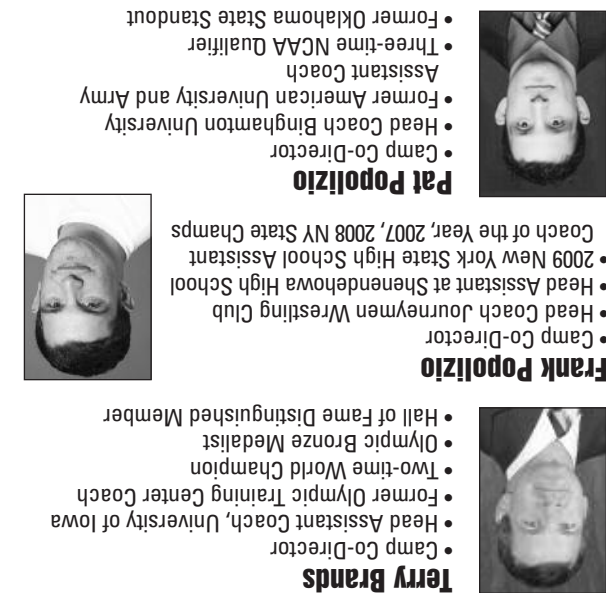




Camp Clinicians



Camp Directors

JOURNEYMEN WRESTLING PRESENTS The Brands Brothers' IOWA WRESTLING CAMPS (Off Iowa Campus)



YMCA of the Rockies
Estes Park, CO

Binghamton University
Vestal, NY

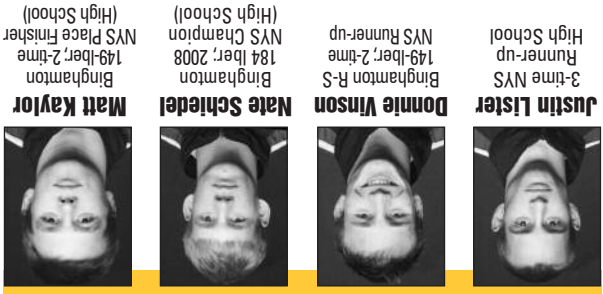
**June 11-15 and
July 7-13, 2010**

For more information contact
www.journeymentwrestling.com
or call 518-377-5309

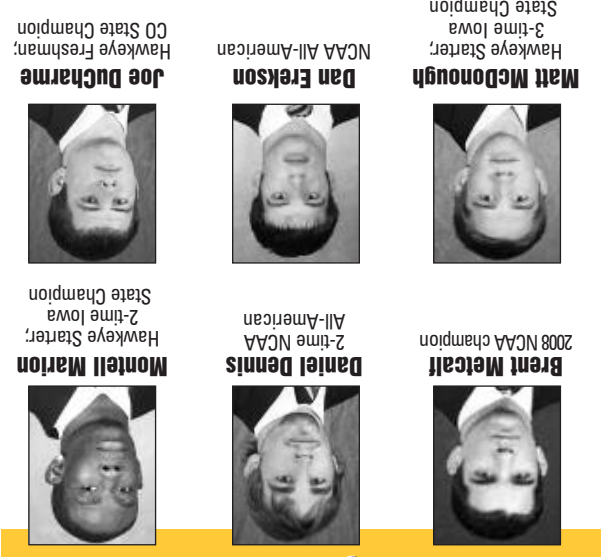
Counselors and Clinicians are subject to change



Special Guest Speakers and Counselors



Bearcat Counselors



Hawkeye Counselors

Return Medical and Application Forms to
Paleface Athletics, LLC
2220 Balltown Road, Niskayuna, NY 12309

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.journeymentwrestling.com
Note: The University does not carry group Medical Coverage for This Program
This is a New York State sanctioned summer camp.

Pertinent Medical Information

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 SUNY Cobleskill or Estes Park Center YMCA of the Rockies 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:

NAME AND PHONE NUMBER OF INDIVIDUAL(S) TO CONTACT IN CASE OF EMERGENCY
 POLICY #
 ADDRESS
 CITY
 STATE
 ZIP

W^{Waiver}: My son/daughter has been examined by a physician in the last year and is in good health. I hereby authorize the Brands Brothers' Iowa 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
 ADDRESS
 CITY
 STATE
 ZIP

PARENT OR GUARDIAN HOME PHONE
 E-MAIL ADDRESS
 BUSINESS PHONE
 CITY
 STATE
 ZIP

Medical Form

Application Form

MAKE DEPOSIT PAYABLE TO
Paleface Athletics, LLC

Colorado Team Training Camp – June 11-15, 2010 (5th-12th grade) 150 SPOTS AVAILABLE

Enclosed is my \$200 deposit ***member only cash or money order will be accepted for balance at check in**
 Resident – \$200 deposit, \$250 due at check in
 Commuter (no meals or rooming) – \$200 deposit, \$150 due at check in
 Resident Coach – \$200 deposit, \$150 due at check in

NY - Binghamton Intensive Camp – July 7-13, 2010 (6th-12th grade) 75 SPOTS AVAILABLE

Tuition: \$650 resident camper/\$500 commuter or resident coach
 Enclosed is my \$200 deposit ***member only cash or money order will be accepted for balance at check in**
 Resident – \$200 deposit, \$450 due at check in
 Commuter (no meals or rooming) – \$200 deposit, \$300 due at check in
 Resident Coach – \$200 deposit, \$300 due at check in

NY - Binghamton Competition/Technique Camp – July 9-13, 2010 (4th-12th grade) 175 SPOTS AVAILABLE

Tuition: \$425 resident camper/\$325 commuter or resident coach
 Enclosed is my \$200 deposit ***member only cash or money order will be accepted for balance at check in**
 Resident – \$200 deposit, \$225 due at check in
 Commuter (no meals or rooming) – \$200 deposit, \$125 due at check in
 Resident Coach – \$200 deposit, \$125 due at check in

LAST NAME
 FIRST NAME
 HOME PHONE
 ADDRESS
 CITY
 STATE
 ZIP
 WEIGHT
 GRADE: FALL OF 2010
 SHIRT SIZE
 SCHOOL ATTENDING
 E-MAIL ADDRESS (required)

If coaches plan on bringing 10 or more athletes and would like to be considered as a paid, working counselor, please inquire ASAP.

RETURN APPLICATION TO
Journeyment Wrestling
2220 Balltown Road, Niskayuna, NY 12309
PLEASE FILL OUT AND SIGN THE HEALTH FORM

FOR OFFICE USE ONLY

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

Journeyment Wrestling
2220 Balltown Road
Niskayuna, NY 12309



The Brands Brothers' Iowa Wrestling Camp

(off-campus locale)

Hosted at YMCA of the Rockies, Estes Park, CO – June 11-15, 2010 and Binghamton University, Vestal, NY – July 7-13, 2010



The University of Iowa's wrestling program is undoubtedly one of the most renowned and traditional collegiate wrestling programs since the 1980s. On the East, Binghamton Wrestling is resurging as one of the legitimate programs of the Northeast. After reinstating their wrestling program in 2004, Pat Popolizio has miraculously guided the Bearcats to unprecedented heights with his leadership and dedication. The tradition of both programs, along with Journeymen Wrestling, will all converge as one on June 11 and July 7 for an unprecedented wrestling extravaganza. Don't miss an opportunity of a lifetime.

Iowa Wrestling and 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. From June 11-15 and July 7-13, these camps will provide you those opportunities.

Typical Schedule

| | |
|---|---|
| 6:00-7:00 am - Run/PT | 7:00-9:00 pm - |
| 7:30-8:30 am - Breakfast | Instruction/Drills |
| 9:00-10:30 am - Instruction | 10:30 pm - In Rooms |
| 11:30-12:30 pm - Lunch | 11:00 pm - Lights Out |
| 1:00-3:00 pm - Instruction & Live Wrestling | Tournament on last day for intensive and individual campers |
| 5:00-6:00 pm - Dinner | |

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. Registration for all camps listed in this brochure will take place 1:30-4:00 p.m. at their respective site. The camps will definitely fill up early, so please get your applications in ASAP. We sold out last year on the NY camp. 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

Bring your own bedding, a pillow, sheets, and towels. At the NY camp, two people will be assigned to each room at check in. The CO camp will house up to five campers in each room. Sharing of beds may be required in the CO camp. Each camper will be expected to supply his own workout gear, shoes, shirts, shorts, singlets, etc.

www.journeymenwrestling.com



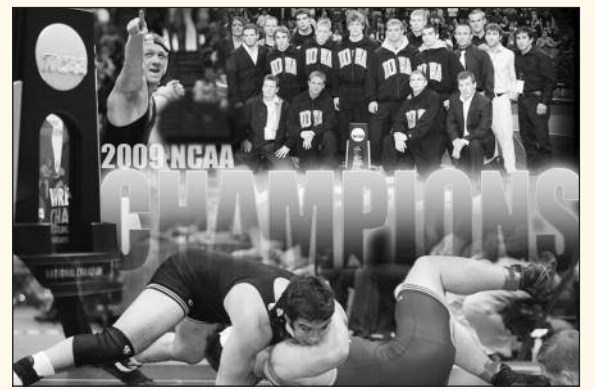
Directions to Binghamton University Campus

Binghamton University, Vestal, NY is located one mile west of the city of Binghamton and is a short drive from major urban centers in New York and neighboring states. A number of bus companies serve the area, and the Binghamton Regional Airport provides major airline service. The University is 45 miles (about 1 hour) from Ithaca, 70 miles (about 1 1/2 hours) from Syracuse, 190 miles (about 3 hours) from Philadelphia, and 200 miles (about 3 hours) from New York City. Approximate driving time from Albany is 2 1/2 hours, 3 hours from Rochester, 4 1/2 hours from Buffalo.

Directions to Estes Park – YMCA of the Rockies

The YMCA Estes Park Center is located and nestled in the gorgeous Rocky Mountain range. **YMCA Estes Park Center, 2515 Tunnel Road, Estes Park, CO 80517.** The camp is exactly 4 miles West of Estes Park, Colorado, 65 miles northwest of Denver (1 hour, 20 minute drive), south 90 miles from Cheyenne, WY (1 hour, 30 minute drive), 300 miles west of Scottsbluff, NE (3 hour, 30 minute drive) and 290 miles northwest of Colby, Kansas (4 hour, 30 minute drive).

Quad amputee Dustin Carter didn't back down from the challenging 800-foot zip line adventure!



2009 NCAA Champions! Various Iowa Hawkeye wrestlers will serve as camp counselors at both the NY and CO camps.

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 2009, the Iowa Hawkeyes have won 22 national titles and 33 Big Ten titles. 21 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 219 All-Americans and 62 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.

Purpose and Goals

"These camps will be conducted to benefit wrestlers and coaches from a competitive, technical, physical and mental perspective. We will work hard to improve you and your team. We have a daily combination of technique and offer three to five workouts per day, except for the training camp, where we offer more live and combative wrestling. A camp counselor will be assigned to each team to help with technical questions, motivation, encouragement, and instruction.



These camps will teach basic mental and physical preparation for competition with daily seminars set to address nutrition, strength, endurance, conditioning, and mental toughness issues. I'm fired up to work with each of our student-athletes on the east coast and in the Rockies."

–Terry Brands (Co-Camp Director)

Pick Your Passion

The Colorado TEAM Camp Last year the camp was a team training camp. This year it will be a true team camp with the infusion of intensive training. Talk about the best of both worlds! This is a great camp for teams and individuals to establish camaraderie, leadership and team chemistry. We will wrestle daily duals with some of the top teams in the mid-west. Teams can be formed by a particular area, region, club or high school. During competition we will teach you how to mentally and physically prepare yourself so you learn to compete at your highest level. Dual competition will allow us to identify the lesser strengths of your team and develop individual plans to enhance your overall team performance. No worries: if you come alone or with a partial team – we'll find you a home. This camp was created with a vision.



The NY Intensive Training Camp No one in wrestling is more intense than the Brands Brothers! If you're looking for intensity, then search no further. This intensive camp is for the ultimate competitor. This camp will teach you the three most critical aspects of wrestling: Technique, Conditioning and Strength (Mental & Physical). Through repetitive drilling and coach's direction you will develop your body and mind to become an explosive performer on the mat. This intensive camp 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, this camp will give you a mental edge to dominate your opponents.

The NY Competition/Technique Camp Learn some great techniques from a world-renowned staff and then prepare to scrap and scramble later in the day. This camp focuses on technique and is limited to just one live practice per day.



The notorious mat slide will be back in 2010!

Costs Deposits can be made with a check; however, 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.**

CO Camp: \$450 Resident/\$350 Commuter or Resident Coach

NY Intensive Camp:
\$650 Resident/\$500 Commuter or Resident Coach

NY Competition/Technique Camp:
\$425 Resident/\$350 Commuter or Resident Coach

Fees The camps include instruction, room and board, secondary insurance, facility usage, and a team camp shirt. Please note: No food or lodging is provided for commuters.

Key Deposits As with any summer camp, lost keys are an issue. Binghamton University and the YMCA charge Pale Face Athletics, 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.

Discounts A group discount of \$10 per camper will apply for groups of 8 or more. Team/Group applications must arrive in one envelope.

Check in and Check out Registration for the Estes Park – YMCA, Camp is Friday, June 11 at the administration building on the YMCA grounds. Registrations for the NY Camps are Wednesday, July 7 (Intensive) and Friday, July 9 (Competition/Technique) respectively and will take place in the lobby of the West Gym. Follow signs for check in. Check out for each camp will be around 12:00 pm; however, it will depend on when the last-day tournament is finished. *There is no tournament for the Colorado camp. For logistical reasons, we strongly discourage early check outs. Please check out at the listed time. The first meal served will be breakfast the morning after check in and the final meal will be breakfast of the last day of camp. Pizza will be available (for sale) on check-in day.

Facilities and Locations

Binghamton University has been consistently rated as one of the premier universities in the United States of America. *U.S. News & World Report* has named Binghamton among its top 50 public universities in the nation for the last ten years. The Binghamton campus—spread over 887 acres on a wooded hillside above the Susquehanna River—features physical facilities that are modern, attractive, accessible and exceptionally well-maintained. Binghamton's facilities for the Iowa/Binghamton Wrestling camp are some of the best in NY State.

The YMCA Estes Park Center is nestled in the heart of Colorado's picturesque Rocky Mountains. The center has 860 beautiful acres and can accommodate 3,500 people in its 7 lodges and 206 family cabins. Visit their website at <http://www.ymcarockies.org/>.

Health Insurance

Participants in the camp 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.

Binghamton emergency contact number: **(607) 777-6479.**

Estes Park emergency contact number: **(800) 777-9622.**

Supervision and Rules

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 a camper will be accepted into the camp.

Refunds

There will be no refund of deposit once it is received by Paleface Athletics, LLC. There is also no refund for the remaining balance once the camp begins — injuries included.

"Semper Fi" US Marine Corps – The Marines are arguably the best-conditioned and most fit soldiers in the world. That attitude and mentality is why a brotherhood exists between the Corp and wrestling. The beloved Corp's drill instructors will join "forces" with the Brands Brothers' Iowa Wrestling Camps. The USMC will assist us in instilling some "early morning motivation." Pushups, pull ups and good ole'-fashion runs will add to the ambience and the conditioning part of the campers' experience.



These camps are non-institutionally owned camps. They are not owned by the University of Iowa or any of their employees. Camps are owned by Paleface Athletics, LLC and marketed by Journeymen Wrestling.