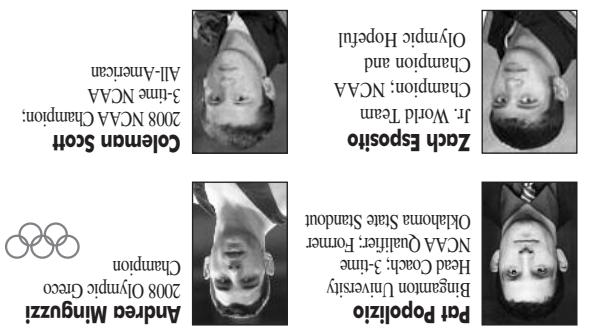
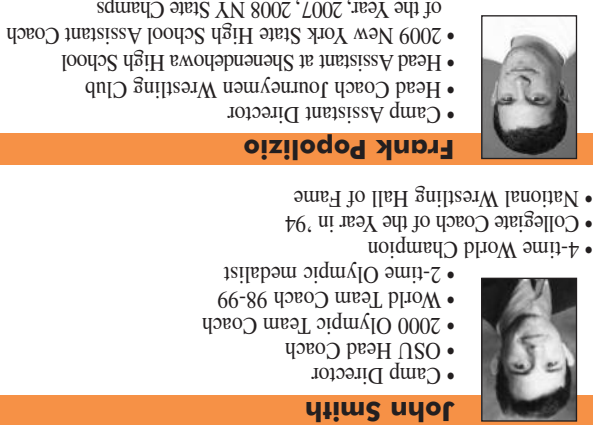


Special Guest Speakers & Counselors



Camp Clinicians



Camp Directors

Journeyman Wrestling presents
John Smith's

Oklahoma State Wrestling Camp

at SUNY Cobleskill
 Cobleskill, New York
 June 26-July 4, 2010 – OSU-NY 10-day Intensive Training Camp
 June 26-30, 2010 – OSU-NY Team Camp
 June 30-July 4, 2010 – OSU-NY Competition/Technique Camp

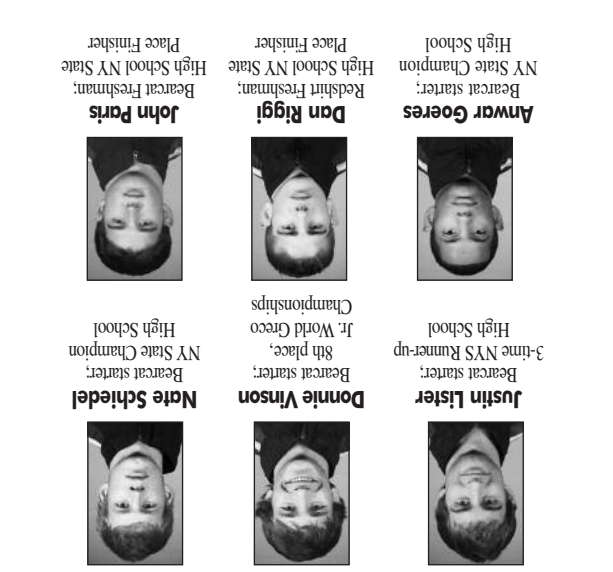
Oklahoma State Wrestling is the most decorated team in collegiate wrestling. So when they looked to partner up with Journeyman Wrestling for an east coast location, the deliberation process was short and simple. The 2009 camp was a complete sell-out, with 350 athletes enjoying the experience. Don't miss out in 2010!

For more information contact
www.journeymanwrestling.com
 or call 518-374-3901

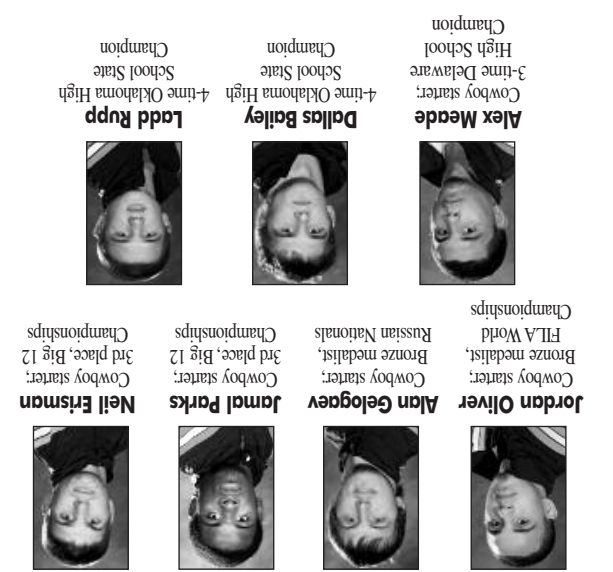
Close to PA, NJ, and New England and Centrally Located for NY

These camps are non-institutionally owned camps. They are not owned by Oklahoma State University or any of its employees. Camps are owned by Lil Okie Big Chin, LLC and marketed by Journeyman Wrestling.

Counselors and Clinicians are subject to change



Bearcat Counselors



Cowboy Counselors

Wrestling Camps

Journeyman Wrestling
 2220 Balltown Road
 Niskayuna, NY 12309



Return Medical and Application Forms to
 Lil' Okie-Big Chin, LLC
 2220 Balltown Road, Niskayuna, NY 12309

***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.journeymanwrestling.com

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 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 _____

ADDRESS _____ POLICY # _____ ADDRESS _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

Parent or Guardian Signature _____ DATE _____

Medical Form

Application Form
MAKE DEPOSIT PAYABLE TO Lil' Okie-Big Chin, LLC

OSU-NY Team Camp (7th-12th Grade) June 26-30 150 SPOTS AVAILABLE
 Tuition: \$475 resident camper/ \$350 commuter or resident coach
 Enclosed is my \$225 deposit *member only cash or money order will be accepted for balance at check in
 Resident – \$225 deposit, \$250 due at check in
 Non-Resident (no meals or rooming) – \$225 deposit, \$125 due at check in
 Resident Coach – \$225 deposit, \$125 due at check in

OSU-NY Competition/Technique Camp (5th-12th Grade) June 30-July 4 150 SPOTS AVAILABLE
 Tuition: \$475 resident camper/ \$350 commuter or resident coach
 Enclosed is my \$225 deposit *member only cash or money order will be accepted for balance at check in
 Resident – \$225 deposit, \$250 due at check in
 Non-Resident (no meals or rooming) – \$225 deposit, \$125 due at check in
 Resident Coach – \$225 deposit, \$125 due at check in

OSU-NY 10-Day Intensive Camp (6th-12th Grade) June 26-July 4 50 SPOTS AVAILABLE
 Tuition: \$900 resident camper/ \$650 commuter or resident coach
 Enclosed is my \$400 deposit *member only cash or money order will be accepted for balance at check in
 Resident – \$400 deposit, \$500 due at check in
 Non-Resident (no meals or rooming) – \$400 deposit, \$250 due at check in
 Resident Coach – \$400 deposit, \$250 due at check in

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

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

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

RETURN APPLICATION TO
Journeyman 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.

John Smith's Wrestling Camp

June 26-July 4, 2010 – 10-day Intensive Training Camp

June 26-30, 2010 – Team Camp

June 30 -July 4, 2010 – Competition/Technique Camp

East Coast Location – SUNY Cobleskill, New York

Close proximity to PA, NJ and New England and Centrally Located for NY

Oklahoma State's wrestling camp is committed to helping you become great! This camp will give you the opportunity to train the way you must train to become the best that you can be. Train side-by-side with John Smith, the greatest wrestler in American history.



This camp is for the wrestler that is looking to improve on the best and easiest way to get a take-down, to score off bottom, and different ways to ride from the top position.

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
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	

General Information

After you 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.

www.journeymenwrestling.com

Purpose and Goals

We have designed our Oklahoma State Wrestling Camps for wrestlers of various ages and skill levels. Wrestlers will be divided into small groups to receive personalized instruction throughout the week. Our dedicated staff and other coaches will serve as counselors. You will get the individual attention necessary to help you develop and enhance your skills.

Campers will be taught a style of wrestling that has helped me and the OSU wrestlers reach our highest goals. Wrestling is not a sport of brute strength nor isolated holds, so you must have a systematic approach to maximize the effectiveness of your attacks. Emphasis will be placed on learning high percentage takedown techniques. Leg attack set-ups and finishes will be taught thoroughly in an easy-to-understand fashion.

From the bottom position, the primary focus will be on stand-up, the safest and most effective method of scoring from the bottom. Other escapes and mat wrestling will be covered as well. From the top position, we will teach a series of different rides, breakdowns and turns.

All the different skills and techniques taught will be drilled repetitively, so you can learn them, remember them, and be able to perform them in live matches. We will structure drills to help you become the best wrestler you can be. I am confident that with a structured series of techniques sessions, and closely supervised drill sessions, you will be able to score with your techniques on the way to reaching your highest goals.

Sincerely,
John W. Smith



John Smith has coached 85 collegiate All-Americans, second most of all active coaches in the country.



Directions to SUNY Cobleskill

From Western New York (Buffalo, Rochester and Syracuse), take NYS Thruway (Interstate 90) to exit 29 at Canajoharie. Proceed south on route 10 to Cobleskill. Follow signs to campus.

From Binghamton or Albany areas, take Interstate 88 to Cobleskill (exit 21). Follow signs to campus.

From Watertown, take Interstate 81 to Syracuse then follow above directions from Western New York.

From Plattsburgh, take Interstate 87 south to Albany; proceed west on Interstate 90 to exit 25A; follow Interstate 88 to Cobleskill (exit 21). Follow signs to campus.

From New York City and Long Island, take NYS Thruway (Interstate 87) north to Albany, then Interstate 90 west to exit 25A and Interstate 88 west to Cobleskill, exit 21. Follow signs to campus.

Airport

Albany International Airport is serviced daily by many major airlines, including: Air Canada, American, American Eagle, Continental, Continental Connection, Delta, Northwest, Southwest, United/United Express, USAirways/USAirways Express/Metrojet. SUNY Cobleskill is approximately one hour from the airport. Contact the Albany International Airport at (518) 242-2200 for more information.



No one has put together a more celebrated wrestling career than John Smith, America's best wrestler/coach. Smith won six world championships from 1988-92, and is one of the winningest coaches at the most successful wrestling program in the country. He will try to accomplish something that only one other coach has accomplished in school history.

Following the 1991 season, Joe Seay stepped down, paving the way for Smith to take over the reins. Smith led the Cowboys to a 7-0 season and an NCAA runner-up finish. The Cowboys were not eligible for the Big 8 Tournament that season, and were ineligible for postseason consideration in 1993 as well.

In 1994, Oklahoma State's first full season back from NCAA sanctions, the Cowboys won the national championship. Smith has not looked back. In the time since he has taken over as head coach, he has won over 200 duals and four national championships.

Smith has successfully resuscitated the program from its darkest hour in the early 90s to the glory that it is experiencing now. Oklahoma State has now won three consecutive national titles. OSU hadn't won three straight since Art Griffith led Oklahoma A&M to three consecutive titles from 1954-56.

John Smith has become synonymous with Oklahoma State wrestling. He is one of the most successful wrestlers in the program's history, and he is eyeing Tommy Chesbro's mark of 227 wins as a head coach.



Pick Your Poison

OSU-NY Intensive Training Camp (June 26-July 4) Designed for serious and committed wrestlers who want to focus on preparing for the off-season tournaments or get a head start on next season. This camp encompasses Technique, Conditioning, Live Wrestling and Strength Training, providing an excellent environment for wrestlers preparing for Cadet or Junior Nationals. It is limited to the first 50 athletes and is only open to athletes in grades 6-12.

OSU-NY Team Camp (June 26-30) You will wrestle daily duals, as well as learn elite-level techniques from the master technician himself – John Smith. This camp is specifically designed to benefit wrestlers and coaches from a competition and strategic standpoint. You and your teammates will receive personalized attention and focus in transforming your weaknesses into your strengths. There are not a required number of campers you must bring to be considered a team, if you are short of a complete team or have extras; we will combine individuals to make full teams. Teams can be formed by a particular area, region, club or high school. The overall goal is to develop and experience camaraderie, leadership and team chemistry.

OSU-NY Competition/Technique Camp (June 30-July 4) Best of both worlds! Learn great techniques from perhaps the most technical program in the nation, OSU, and then prepare to scrap and scramble later in the day! Entire teams are also welcome to this very popular camp. You will get to compete and learn with the toughest wrestlers on the east coast. The camp emphasizes technique and live wrestling, but also finds time for some fun and games. If you are coming alone or with a team—no worries, we'll have a spot for you.

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.

OSU-NY Team camp: \$475 resident/\$350 commuter or resident coach

OSU-NY Intensive Training camp: \$900 resident/\$650 commuter or resident coach

OSU-NY Competition/Technique camp: \$475 resident/\$350 commuter or resident coach

Deposit A \$225 or \$400 (Intensive camp) deposit is required with camp application. Checks or money orders (made out to Lil' Okie-Big Chin, LLC) will be accepted for deposits only. Only cash or money orders will be accepted at check in. **A \$25 surcharge is assessed for applications that arrive within 10 days of camp.**

Key Deposit As with any summer camp, lost keys are an issue. SUNY Cobleskill charges Lil' Okie-Big Chin, 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 Group discounts of \$10 per camper apply for groups of 8 or more. Team/Group applications must arrive in one envelope.

Health Insurance

Participants in all the camps 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.

Facilities and Location

Founded in 1916, SUNY Cobleskill has the beautiful Helderberg Mountains as its backdrop. SUNY Cobleskill is renowned for being one of the nation's oldest and best agriculture schools.

Facilities for the NY-OSU Wrestling Camps are some of the finest on the east coast. Campers will stay in SUNY Cobleskill's college dorms and eat in "all you can eat" style cafeterias.

SUNY Cobleskill Emergency Contact: 518-255-5449 Fax: 518-255-5258

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 an athlete will be accepted into the camp.

Minimum age for all campers is fourth grade.

Refunds

There will be no refund of deposit once it is received by Lil' Okie-Big Chin, 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 John Smith Wrestling Camp. The USMC will assist us in instilling some "early morning motivation." Pushups, pull ups and good ole'-fashion runs will add to the ambiance and the conditioning part of the campers' experience.



Check in and Check out

- Team Camp** Check in June 26, 1:30-4:00 pm, Check out June 30, 11:30 am
- Competition/Technique Camp** Check in June 30, 1:30-4:00 pm, Check out July 4, 11:30 am
- Intensive Training Camp** Check in June 26, 1:30-4:00 pm, Check out July 4, 11:30 am

For logistical reasons, we strongly discourage early check outs. Please check out at the listed times. The first meal served will be breakfast the morning after check in and the final meal will be breakfast the last day of your respective camps. Pizza will be available (for sale on check-in day).