



Journemen Wrestling presents  
**The Cael Sanderson**  
  
**Wrestling Camp**



Hosted at the picturesque  
**Berry College**  
 Mount Berry, Georgia  
**July 18-22, 2010**

*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 Journemen Wrestling.*

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

**Camp Directors**

**Cael Sanderson**

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

**Frank Popolizio**

- Head Coach, Journemen Wrestling Club
- Head Assistant at Shenendehowa High School
- 2009 New York State High School Assistant Coach of the Year
- 2007, 2008 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
- Former American University and Army Assistant Coach
- Three-time NCAA Qualifier
- Former Oklahoma State Standout

**Camp Counselors**

**Frank Molinaro**

- NCAA All-American
- 3-time NJ State High School Champion

**Quentin Wright**

- NCAA All-American
- 2008 Fila Jr National Champion

**Ed Ruth**

- PSU Red-Shirt
- High School All-American

**Brad Pataky**

- NCAA Qualifier
- Two-time Pennsylvania High School State Champion

**Nate Schidel**

- Binghamton University 184 lber
- 2008 NYS Champion (High School)

*Counselors and Clinicians are subject to change*

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



**Medical Form**

**Application Form**

MAKE DEPOSIT PAYABLE TO **Jawbone Wrestling Camps, LLC**

**PSU-Georgia 5-Day Team Training Camp (5th-12th grade) 200 WRESTLER MAXIMUM LIMIT July 18-22, 2010**

**Tuition: \$425 resident camper / \$325 commuter or resident coach**

Enclosed is my \$200 deposit \*remember only cash or money order will be accepted for balance at check in

Resident – \$200 deposit, \$225 due at check in

Non-Resident (no meals or rooming) – \$200 deposit, \$125 due at check in

Resident Coach – \$200 deposit, \$125 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.**

LAST NAME \_\_\_\_\_ FIRST NAME \_\_\_\_\_ HOME PHONE \_\_\_\_\_

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

WEIGHT \_\_\_\_\_ GRADE, FALL OF 2010 \_\_\_\_\_ 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 HEALTH FORM**

FOR OFFICE USE ONLY

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

**Pertinent Medical Information**

PARENT OR GUARDIAN HOME PHONE \_\_\_\_\_ BUSINESS PHONE \_\_\_\_\_

E-MAIL ADDRESS \_\_\_\_\_

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

MEDICAL INSURANCE CO. \_\_\_\_\_ POLICY # \_\_\_\_\_

DATE \_\_\_\_\_

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

**Waiver:** My son/daughter has been examined by a physician in the last year and is in good health. I hereby authorize the Cael Sanderson 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 institutions athletic interest.

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

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

**ALERT!**

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

**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 \_\_\_\_\_

# The Cael Sanderson Wrestling Camp

July 18-22, 2010

South-East Location  
Berry College, Mount Berry, Georgia

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

## 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.

## 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	

## Check in and Check out

Check in July 18, 1:30-4:00 pm  
Check out July 22, 11:30 am

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 the last day of camp. Pizza will be available for sale on check-in day.

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

## 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.

In the spring of 2009, PSU named national wrestling legend, Cael Sanderson, their 12th head wrestling coach and immediately, the nation looked East. As Sanderson left his alma mater of Iowa State and moved himself, his staff and three families to Happy Valley, the nation's high school wrestlers took notice and a roomful of already dedicated Nittany Lion grapplers smiled, cheered and geared up for a new era in Penn State wrestling.



Sanderson comes to Penn State after three extremely successful years as the head coach at Iowa State. Sanderson's teams did not finish any lower than fifth at the NCAA Championships and never had a wrestler not qualify for nationals, getting 30 of 30 grapplers through to the championship tournament.

In 2007, Sanderson's rookie campaign, he led ISU to a 13-3 dual meet record and the first of three straight Big 12 Championships. An NCAA Runner-Up finish in Detroit capped off a wildly successful year as the Cyclones crowned one national champion and Sanderson was honored as Big 12 Coach of the Year, National Rookie Coach of the Year and National Coach of the Year. The next year, Sanderson led ISU to a 16-4 dual meet mark, another Big 12 title and a fifth place finish at nationals. Iowa State's seven All-Americans in 2008 were the most at the school since 1993.

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). He wrestled his first three years at 184 and then moved to 197 as a senior. 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* and the NCAA called his final win (in the 2002 NCAA 197-pound championship) one of the NCAA's "25 Defining Moments" for its Centennial celebration. His wrestling career culminated in 2004 when the Heber City, Utah native won the 84 kg Olympic Gold Medal in Athens, Greece.

## Purpose and Goals

Dear Wrestling Coaches and Wrestlers:

On behalf of myself, my coaching staff, and the entire Penn State wrestling program, it is our privilege to invite you to experience the new era in Penn State wrestling camps. 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. My staff will be joined by many of our Penn State 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.

Cael Sanderson, Head Wrestling Coach



## 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 that 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 to wrestle duals and situational live wrestling daily! 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 wrestlers with the mental and physical tools needed to be champions in the upcoming season.

## Fees

The camp includes instruction, room and board, secondary insurance and facility usage. Please note: No food or lodging is provided for commuters.

**PSU-Berry College Team Training Camp:**  
\$425 Resident, \$325 Commuter or Resident Coach

## Deposit

A \$200 deposit is required with the camp application. Checks and money orders only will be accepted for deposits; checks should be made payable to Jawbone Wrestling, LLC. **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.

## Discounts

Group discounts of \$10 per camper apply for groups of 8 or more. Team/Group applications must arrive in one envelope.

## Facilities and Location

### 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

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.

## 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 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.

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