

CAEL SANDERSON'S IOWA STATE WRESTLING CAMP

Commuter Camp

Iowa State's Wrestling program is arguably one of the premier collegiate wrestling programs of all time. Their rich and illustrious wrestling history is exemplified with 8 NCAA team titles and 64 NCAA individual champions. That tradition of excellence now comes to you and the east coast. Take advantage of this fantastic opportunity and surround yourself with greatness.

Camp Details

Camp I • Middle School Camp

*(open to grades 4-8):
only 80 spots available!*

Check In: 8:30-9:15 AM
Warm Up: 9:15-9:30 AM
Technique: 9:35-11:20 AM
Drilling: 11:25-11:40 AM
Live & Situation Wrestling:
11:45 AM-12:15 PM

Camp II • High School Camp

*(open to grades 9-12):
only 80 spots available!*

Check In: 12:30-1:15 PM
Warm Up: 1:15-1:30 PM
Technique: 1:35-3:20 PM
Drilling: 3:25-3:40 PM
Live & Situation Wrestling:
3:45-4:15 PM

**The schedule for July 30, 31 and Aug 1 is the same.*

Fees The cost for the camp is **\$180**. Check should be made out to **Jawbone Wrestling Camps, LLC**. This fee includes instruction, facility usage and secondary insurance.

Deposit \$90 deposit (1/2) is due by June 1, 2009 to reserve your spot. This camp will sell out, so it is recommended that deposits are sent in well in advance.

Facility/Location The camps will be held at the Beat The Streets Wrestling Program's Training Center, 135 Thompson Street, New York, NY.

Hotel Accommodations

Hilton Garden Inn –
\$199 per night. Located on
6th Ave and York in Tribeca,
NY. Call (212) 966-4091.
Refer to Beat the Streets
Wrestling block - Sanderson
Camp.

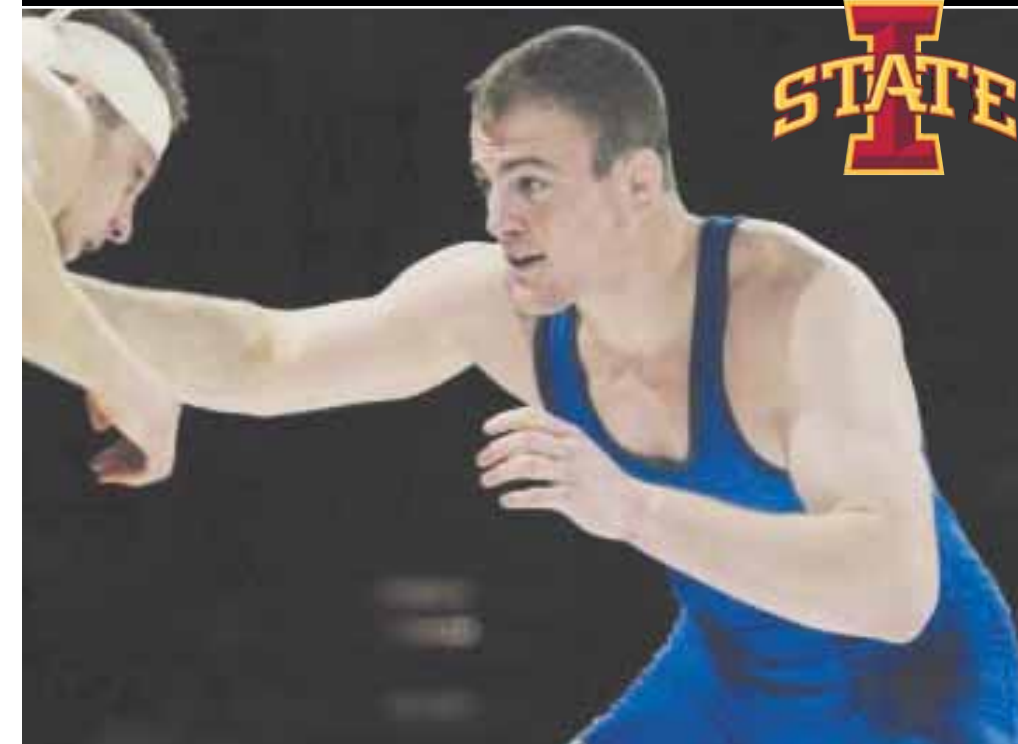


For more information call (518) 374-3901
or visit www.journeymenwrestling.com



Journeymen Wrestling
2220 Balltown Road
Niskayuna, NY 12309

CAEL SANDERSON'S IOWA STATE WRESTLING CAMP



July 30-August 1, 2009
Commuter Camp



Beat the Streets
Training Center
145 Thompson Street
New York, NY



IOWA STATE COACHING STAFF

Cael Sanderson • Camp Director



Olympic gold medalist and four-time undefeated NCAA champion, Cael Sanderson is known around the world as the individual who has truly gone where none have gone before. His unprecedented achievements have lifted him to extraordinary heights. His accomplishments have transcended his sport and made him one of the most recognized athletes on the planet. Sanderson is wrestling's premier ambassador, living up to his marquee status on and off the mat. Through all of his triumphs, which led to an ESPY award as the Best Male College Athlete, his appearance on a Wheaties box and being the focus of an ESPN Sports Century episode, his focus remains on wrestling. Upon completing his competitive career, he spent two years as a special assistant in the Iowa State University athletics department before joining the coaching staff as an assistant coach for the 2005-06 season and later became the Cyclones' fifth head coach in the history of ISU wrestling. Sanderson completed his Iowa State competitive career with a 159-0 record. *Sports Illustrated* called his four-year streak of perfection the No. 2 most outstanding achievement in collegiate sports history.

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Cody Sanderson

- Assistant Coach at Iowa State
- Former head coach Utah Valley State College 2003-2006
- Two-time NCAA Runner Up for Iowa State



Casey Cunningham

- Assistant Coach at Iowa State
- Former Head Assistant at Central Michigan University
- NCAA Champion – first NCAA National Champion in Central Michigan history

GUEST CLINICIANS AND COUNSELORS



Frank Popolizio

- Camp Director
- Assistant Coach, Shenendehowa High School, 2007 and 2008 NY State Champions



Cyler Sanderson

- 2008 All-American for the Cyclones

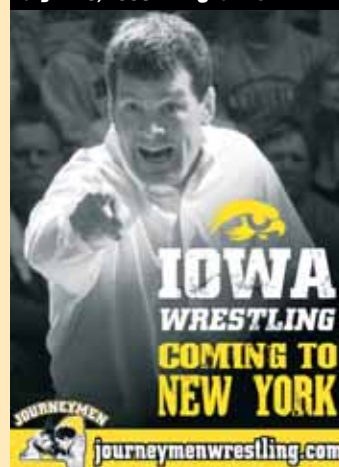


Michele Liuzzi

- Two-time Italian Olympian
- 12-time Italian World Team Member
- 2nd, 3rd, and 5th in European Championships

**Check out other
Journeyman Wrestling
summer camps as well:**

**The Brands Brothers' Iowa Camp
July 11-19, 2009 • Binghamton NY**



**John Smith's Oklahoma State Camp
June 27-July 5, 2009 • Cobleskill, NY**

SPECIAL ENTERTAINMENT

**Appearing Friday, July 31 at 12:45 PM
for a "combined camp" show**



The Breeze Team consists of 15 members ranging from ages 5 to 35. This unique variation in ages only blends experience and determination. It also allows them to combine the "Old School" with the "New School" forming their own exclusive brand and style of contemporary Breakdancing. Under this "label" they do everything from innovative dancing with a basketball and gymnastic power moves to immaculately symphonized routines and improvisational solos.

Application

Name _____

Address _____

City _____ State _____ Zip _____

Phone Number _____ Grade _____

Date of Birth _____ Shirt Size _____

School _____

E-mail Address _____ (required)

Coach's Name _____

Coach's Phone Number _____

Emergency Contact _____

Emergency Phone _____

Health Insurance Provider _____ Health Insurance Number _____

Session Desired:

Camp I – Middle School Camp (grades 4-8)

Camp II – High School Camp (grades 9-12)

Amount enclosed \$ _____

Completed medical forms will be required. Copies of these forms can be found on www.journeymenwrestling.com

PARENTAL HOLD HARMLESS STATEMENT

I am fully aware that Jawbone Wrestling Camps, LLC. engages in intense physical activity such as live wrestling, running and calisthenics. I understand that there is an inherent risk associated with these activities and I permit my child to participate in these activities without restriction. I agree to hold Jawbone Wrestling Camps, Ltd. harmless for any accidents – medical or dental – or any other expense incurred as a result of my child's participation with the club.

Signature of parent or guardian _____ Date _____

Please indicate any medications taken or health conditions of which we should be aware

Please include your check or money order made out to Journeyman Wrestling Club, LLC – sorry, no refunds. Returned checks will be assessed a \$35 service charge.

Mail to: Journeyman Wrestling Club, Ltd.

2220 Balltown Road, Niskayuna, NY 12309