

Camp Directors



Terry Brands

- Camp Co-Director
- Head Assistant Coach, University of Iowa
- Former Olympic Training Center Coach
- Two-time World Champion
- Olympic Bronze Medalist
- Hall of Fame Distinguished Member



Frank Popolizio

- Camp Co-Director
- Head Coach Journeymen Wrestling Club
- Head Assistant at Shenendehowa High School (NY), 2007 NY State Champions



Pat Popolizio

- Camp Co-Director
- Head Coach Binghamton University
- Former American University and Army Assistant Coach
- Three-time NCAA Qualifier
- Former Oklahoma State Standout

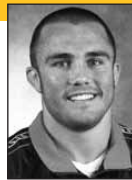
Camp Clinicians



Tom Brands
University of Iowa
Head Coach
World and Olympic
Champion



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



Jared Frayer
Assistant Coach,
University of Iowa
Runner Up U.S. World
Team Trials
2-time All-American
at Oklahoma



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



Dennis Papadatos
Binghamton University
Assistant Coach
Former Hofstra
Standout



Pat Popolizio
Binghamton University
Head Coach
3-time NCAA Qualifier
Former Oklahoma
State Standout

Application Form

MAKE DEPOSIT PAYABLE TO
Paleface Athletics, LLC

Colorado Team Training Camp – June 18-22, 2009 (5th-12th grade) 125 SPOTS AVAILABLE

Tuition: \$425 resident camper/\$350 commuter or resident coach

Enclosed is my \$150 deposit ***member only cash or money order will be accepted for balance at check in**

Resident – \$150 deposit, \$275 due at check in Resident Coach – \$150 deposit, \$200 due at check in

Non-Resident (no meals or rooming) – \$150 deposit, \$200 due at check in Resident Coach – \$150 deposit, \$200 due at check in

NV - Binghamton Team Camp – July 11-14, 2009 (7th-12th grade) 175 SPOTS AVAILABLE

Tuition: \$400 resident camper/\$300 commuter or resident coach

Enclosed is my \$150 deposit ***member only cash or money order will be accepted for balance at check in**

Resident – \$150 deposit, \$250 due at check in Resident Coach – \$150 deposit, \$150 due at check in

Non-Resident (no meals or rooming) – \$150 deposit, \$150 due at check in Resident Coach – \$150 deposit, \$150 due at check in

NV - Binghamton 10-Day Intensive Camp – July 11-19, 2009 (6th-12th grade) 50 SPOTS AVAILABLE

Tuition: \$800 resident camper/\$600 commuter or resident coach

Enclosed is my \$250 deposit ***member only cash or money order will be accepted for balance at check in**

Resident – \$250 deposit, \$550 due at check in Resident Coach – \$250 deposit, \$350 due at check in

Non-Resident (no meals or rooming) – \$250 deposit, \$350 due at check in Resident Coach – \$250 deposit, \$350 due at check in

NV - Binghamton Competition/Technique Camp – July 15-19, 2009 (4th-12th grade) 175 SPOTS AVAILABLE

Tuition: \$400 resident camper/\$300 commuter or resident coach

Enclosed is my \$150 deposit ***member only cash or money order will be accepted for balance at check in**

Resident – \$150 deposit, \$250 due at check in Resident Coach – \$150 deposit, \$150 due at check in

Non-Resident (no meals or rooming) – \$150 deposit, \$150 due at check in Resident Coach – \$150 deposit, \$150 due at check in

LAST NAME _____ FIRST NAME _____ HOME PHONE _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

GRADE: FALL OF 2009 _____ SHIRT SIZE _____ SCHOOL ATTENDING _____ E-MAIL ADDRESS (required) _____

WEIGHT _____

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
Journeymen 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.

Hawkeye Camp Counselors



Brent Metcalf
2008 NCAA champ (MOW)
Big-Ten champion
4-time Mich. state high school champion



Jay Borschel
2008 All-American
(3rd at NCAAs)
4-time Iowa state high school champion



Philip Keddy
2008 All-American
3rd at Big Ten Championships
2-time Utah state champ



Daniel Dennis
2-time high school state Runner Up
3-time All-Conference and All-State selection



Joe Slaton
2008 NCAA Runner Up
2-time Iowa state champion and runner-up

Bearcat Camp Counselors



Josh Patterson
Binghamton 184-lber
Ranked Top 10 in the Country 2009



Nate Patterson
Binghamton 157-lber
2-time NY State Place Finisher (High School)



Justin Lister
3-time NYS Runner-up



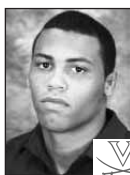
Matt Kaylor
Binghamton 149-lber
2-time NYS Place Finisher (High School)



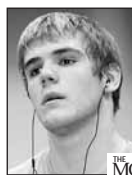
Donnie Vinson
Binghamton R-S 149-lber
2-time NYS Runner-up
Sr. High School All-American



Nate Schiedel
Binghamton Red-Shirt
2008 NYS Champion (High School)



Michael Chaires
Virginia Cavaliers
Red-Shirt
Runner Up at University National Freestyle Championships



Dustin Carter
Inspirational wrestler

*Counselors will appear sporadically throughout the camp, not the camp's entirety and are subject to change.

Special Guest



Andrea Minguzzi
2008 Olympic Champion - 84 kilos - Greco-Roman
2-time European Bronze Medalist

Journeymen Wrestling
2220 Balltown Road
Niskayuna, NY 12309



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 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: _____

MEDICAL INSURANCE CO. _____ POLICY # _____ ADDRESS _____

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 institutions athletic interest.

PARENT OR GUARDIAN SIGNATURE _____ DATE _____

CITY _____ STATE _____ ZIP _____

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

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
2220 Balltown Road, Niskayuna, NY 12309

JOURNEYMEN WRESTLING PRESENTS

The Brands Brothers Iowa Wrestling Camp (Off Iowa Campus)



Hosted at Estes Park – YMCA
of the Rockies, CO
and Binghamton University
Vestal, NY

June 18-22 and
July 11-19, 2009

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

Camps are conveniently located in the Rockies and on the East Coast. These camps add an alternative for those not living in close proximity to the University of Iowa.

The Brands Brothers' Iowa Wrestling Camp

(off-campus locale)

Hosted at YMCA of the Rockies, Estes Park, CO – June 18-22, 2009 and Binghamton University, Vestal, NY – July 11-15 and July 15-19, 2009



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 18 and July 11 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 18-22 and July 11-19, these camps will provide you with 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 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. 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

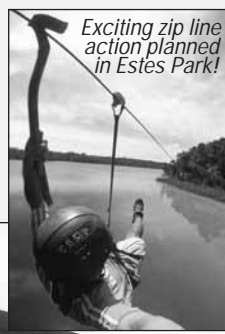


Directions to Binghamton University Campus

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 and 20 minute drive), south 90 miles from Cheyenne, WY (1 hour and 30 minute drive), 300 miles west of Scottsbluff, NE (3 hours and 30 minute drive) and 290 miles northwest of Colby, Kansas (4 hours and 30 minute drive).



Tom Brands and the Iowa Hawkeyes went 4-0 in NY at the 2008 Journeymen/BRUTE Northeast Duals.



The Hawkeyes are considering a return for 2009!

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 2008, the Iowa Hawkeyes have won 21 national titles and 32 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. Tom and Terry are now back together again for the first time in 12 years. **Besides the University of Iowa camp in Iowa, you will not find an opportunity where Tom and Terry are teaching together at a camp in the country.**

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 Camp Team Training Camp – Talk about the best of both worlds! This is a great camp for teams and individuals to establish camaraderie, leadership and mental strength. Everyone knows that wrestling is an individual sport and you're out on the mat by your lonesome; however, the element of team is an essential part of any wrestler's success. The Brands Brothers thought it would be ideal to create a camp that encompasses the foundation of all their camps – Technique, Team, and Intensive. Essentially this is the culmination of all three of their camps. Here you'll learn from the Iowa staff and their guests, train in the higher elevations alongside your teammates and then compete later in the day. No worries: If you come alone or with a partial team and need a team, we'll find you one. This camp was created with a vision!

NEW! Team Camp You will wrestle daily duals with some of the best teams on the East Coast, as well as learn from the star-studded Iowa wrestling staff. This camp is specifically designed to benefit wrestlers and coaches on a competition and strategic standpoint. Teams can be formed by a particular area, region, club or high school. The goal is to develop and experience camaraderie, leadership and team chemistry. 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. Individuals are also encouraged to attend this camp, but will be placed onto selective teams.

NEW! 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.

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.



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.

Estes Park, CO Camp: \$425 Resident/\$300 Commuter & Coach

NY Team Camp: \$400 Resident/\$300 Commuter & Coach

NY Individual/Training Camp:
\$400 Resident/\$300 Commuter & Coach

NY Intensive Camp: \$800 Resident/\$600 Commuter & 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 Thursday, June 18 and the physical location will be determined as the camp approaches. Registrations for the NY camps are Saturday, July 11 (Team & Intensive) and Wednesday, July 15 (Individual) 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 – undoubtedly known for tenacity, grit and mental toughness, The USMC is perhaps the toughest force in the world...in more ways than one. The Marine Corps traditionally has one of the premier Greco-Roman wrestling teams in the country. Year in and year out the members of the USMC vie for the top spot on the Greco World and Olympic teams. 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 and members of the Greco-Team will join "forces" with the Brands Brothers' Iowa Wrestling Camp in NY. The USMC will assist us in instilling some "early morning motivation." Scrapping and Scrambling with the Greco-Team, pushups, pull ups and good ole' fashion runs will add to the ambiance and the conditioning part of the campers' experience.

