



2023



JOURNEYMEN WRESTLING PRESENTS

PAT POPOLIZIO'S WOLFPACK INTENSIVE WRESTLING CAMP

July 10-14, 2023 • NC State University, Raleigh, NC

Pursuit of excellence on and off the mat!

My staff and I are dedicated to promoting excellence in character and performance on the mat, while stressing the importance of learning life skills off the mat. These camps will give wrestlers and coaches an opportunity to gain valuable insight on what it takes to be successful at the highest levels of wrestling in high school and college from clinicians who have lived it! The clinicians were chosen for this camp specifically for two reasons: character and their ability to teach technique successfully to wrestlers at all levels of wrestling. We believe that every link in a chain is important, so every individual is viewed as a valuable member of our camp. Come to find out for yourself!

- Pat Popolizio

TWO DISCIPLINES To Choose From

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 and 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. Lead by national, world and Olympic champions, this camp will give you a mental edge to dominate your opponents.

INTENSIVE FREESTYLE - With former and active USA World Team members Adam Hall, former University World Team, Trent Hidlay (University World Bronze Medalist and Mike Macchiavello, University World Team) the opportunities associated with this camp are outstanding. Learning and training freestyle under our staff's tutelage, while preparing for FARGO, just became more efficient and effective.

INTENSIVE FOLKSTYLE - If you feel more comfortable training in folkstyle, then so be it. We have exactly what you're looking for here, too. Pat Popolizio and his staff run perhaps one of the grittiest intensive camps in the country. Tough as nails will come to mind as you exit the wrestling room.

The bottom line is you have a choice. You pick the discipline that suits you best.

SAME DATE, SAME CAMP, UNDER THE SAME ROOF!

General Information

After we receive your deposit (done via www.tournaflex.com - NC STATE CAMP intensive drop-down), 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. This camp will definitely fill up early, so please get your applications in ASAP. We look forward to working with you this summer.



In 2019, more than 150 wrestlers took the challenge of Pat Popolizio's Intensive camp. The intensive camp has become one of the best camps in the country. Wrestlers from all over the USA are now embracing the "NC State wrestling system."

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. You may need to change work-out clothes 3-4 times a day, so 10-12 sets is not unreasonable (laundry facilities are available). A set of work-out clothes includes a t-shirt, socks, shorts, undergarment, knee pads, etc. Intensive campers will also need to bring running shoes and a jump rope.

- T-Shirts: Mark your name in large print on the back of most of your workout t-shirts, this will help coaches identify you.
- Wrestling shoes
- Head gear
- Mouth guards

Bring a supply of Defense Soap to prevent skin infections. This is critically important!



Defense soaps are triple milled and have a TFM (fatty acids) of 77% for a deep rich cleansing lather. Defense Soap contains no fillers, perfume, alcohol, scents, Triclosan or any other chemicals that can impact the quality. They contain a full 2% concentration of tea tree and eucalyptus oils; natural antimicrobial ingredients known to be effective against ringworm, staph, impetigo, herpes, jock itch and athlete's foot.



www.journeymenwrestling.com

Typical Intensive Schedule

- 6:00-7:00 am - Run/Workout
- 7:30-8:30 am - Breakfast
- 9:45-11:30 am - Instruction/Drill
- 11:30 am-12:30 pm - Lunch
- 2:40-4:30 pm - Instruction and Live Wrestling
- 5:00-6:00 pm - Dinner
- 6:45-8:00 pm - Instruction and Live Wrestling



APPLICATION

You must register online at www.Journeymenwrestling.com via the **Tournaflex.com** segment, drop down to NC State Wolfpack Wrestling Camps. All campers must complete and mail in the attached medical form. Application requires a deposit. All remaining balances are to be paid AT REGISTRATION via cash or money orders.

Download Printable Medical Form Online at www.Journeymenwrestling.com

COSTS

\$625 resident wrestler, \$475 Resident Coach or Commuter

\$225 deposit is due when registering online. Remaining balance (\$400 for residents/\$250 for commuters) is due upon check-in. Camp includes instruction, room and board (where applicable), secondary insurance, and facility usage. Please note: No food or lodging is provided for commuters.

Check-In Registration is from 3:00-5:00 pm, Monday, July 10, 2023 and will take place in the lobby of University Towers - 111 Friendly Dr., Raleigh, NC. Follow signs for check-in.

The first session is July 10 at 6:00 pm at Reynolds Coliseum. The first meal served will be breakfast July 11. The last meal served is breakfast July 14, 2023.

Check-Out 11:30 am July 14, 2023. For logistical reasons, we strongly discourage early check-out.

Facilities The camp is housed at University Towers dorms and NC State University wrestling room and athletic facilities.

Supervision

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. There is also no prorating for having to leave camp early or a late arrival.

Directions to NC State University Campus

From Florida via I-95 North: Take I-95 North to I-40 West. Proceed on I-40 West into Raleigh to Gorman St., exit 295. Turn right at the stoplight onto Gorman St. and follow it to the second traffic light. Turn right onto Avent Ferry Rd. After approximately 1.5 miles, turn left onto Western Blvd. Take the second left onto Varsity Dr. The Joyner Visitor Center will be to your right.

From New York, Pennsylvania, Maryland and Virginia via I-95 South: Take I-95 South to I-85 South. Then take US 1 (which turns into Capital Blvd.) through downtown Raleigh. Turn right onto Western Blvd. Follow Western Blvd. approximately three miles and turn left onto Varsity Dr. The Joyner Visitor Center will be to your right.

From Durham via US 70: Take US 70 to downtown Raleigh. (US 70 turns into Glenwood Ave.) Follow Glenwood Ave. to Oberlin Rd. Turn right onto Oberlin Rd. (approximately three miles). Turn right onto Hillsborough St. Take an immediate left at Pullen Rd. Follow Pullen Rd. and veer right onto Western Blvd. At the third light, turn left on Varsity Dr. The Joyner Visitor Center will be to your right.

From Chapel Hill and Durham via I-40: Take I-40 East approximately 25 miles to Raleigh. At the I-40/Wade Ave. split, veer onto Wade Ave. At the third stoplight, turn right onto Faircloth St. Stay straight on Faircloth (which turns into Gorman St.) and turn left at your third light onto Western Blvd. At the next stoplight turn right onto Varsity Dr. The Joyner Visitor Center will be to your right.

From Fayetteville via US 401: Take US 401 to Raleigh. Then take I-40 West to Gorman St., exit 295. Turn right at the stoplight onto Gorman St. and follow it to the second traffic light. Turn right onto Avent Ferry Rd. After approximately 1.5 miles, you will turn left onto Western Blvd. Take the second left onto Varsity Dr. The Joyner Visitor Center will be to your right.

CLINICIANS



Pat Popolizio

- Head Coach, NC State University
- 5-time National Coach of the Year nominee



Timmy McCall

- Assistant Coach, NC State University



Adam Hall

- Assistant Coach, NC State University



Tommy Gantt

- Olympic Hopeful
- Former All-American for the Wolfpack

WOLFPACK COUNSELORS



Trent Hidlay

- NCAA Finalist



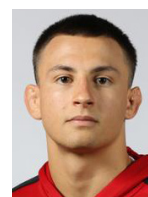
Isaac Trumble

- NCAA Qualifier



Ed Scott

- NCAA Qualifier



Jakob Camacho

- NCAA Qualifier



These camps are non-institutionally owned camps. They are not owned by NC State University or any of their employees. Camps are owned by Paleface Athletics, LLC and marketed by Journeymen Wrestling. Wrestlers from NC State University will act as camp counselors. The camps are open to all.