

JOURNEYMEN WRESTLING CLUB

is the Wrestling Place TO BE!



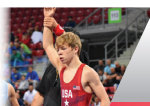
WORLD LEVEL FREESTYLE STAFF & CLINICIANS
Michele Liuzzi • Italian National Coach & European Silver Medalist



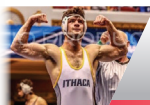
TOP TIER FOLKSTYLE STAFF
Robert Hamlin - 2X NCAA Finalist, Among Others



WORLD MEDALIST
Nick Gwiazdowski - 2X World Bronze



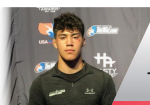
WORLD TEAM MEMBERS
Stevo Poulin - USA World Team Cadet



COLLEGIATE ALL AMERICANS
Jake Ashcraft - Ithaca / Burnt Hills NCAA 3-D National Finalist



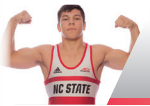
FARGO NATIONAL CHAMPIONS (female)
Alexis Porter - Multiple Time National Champion and World Medalist



FARGO ALL AMERICAN
Jake Null - Cadet All American 2018



NYS FREESTYLE TEAM / CLUB CHAMPIONS
Cadet and Junior



DIVISION 1 RECRUITS
Brock Delsignore Among Others



SUPER 32 HIGH SCHOOL CHAMPION
Stevo Poulin



UWW CADET ALL AMERICANS
Joe Scheeren / Stevo Poulin



NHSCA ALL HIGH SCHOOL AMERICANS
Michael Gonyea, Kiernan Shanahan, Ethan Cooper and Jake Null



RENOWNED CLINICIANS & COACHES
Jason Nolf & Bo Nickel



FOREIGN EXCHANGE / CAMPS
Russia, Kazakhstan, Kyrgyzstan, Mongolia, Tajikistan, Azerbaijan, France and Italy.

Journeyman Information

When Does It Get Started/End?

Location	Group	Start Date	Mon.	Tues.	Wed.	Thurs.	Sat.	Sun.	Times	Style	End Date
Niskayuna HS	Main Grp.	March 9	X						4:15-6:00 pm	Int'l./Folk	Oct. 26
Niskayuna HS - Developmental Practice	Main Grp.	March 9	X						6:15-7:45 pm	Folk	Junw 1
Niskayuna HS	Main Grp.	March 10		X					4:30-6:15 pm	Int'l./Folk	Oct. 27
Niskayuna HS	Elite 40	March 4			X				4:15-6:00 pm	Int'l./Folk	June 10
Shaker	Main Grp.	March 11			X				5:30-7:00 pm	Int'l./Folky	June 10
S. Colonie	Main Grp.	March 12				X			5:30-7:00 pm	Int'l./Folk	June 11
Queensbury HS	Main Grp.	March 12				X			5:00-6:30 pm	Int'l./Folk	June 11
Niskayuna HS	Main Grp.	Sept. 3				X			5:00-6:30 pm	Int'l./Folk	Oct. 29
Niskayuna HS	Main Grp.	TBD						X	9:00-10:30 am	Int'l./Folk	Continual

THE CLUB IS CLOSED: JUNE 29- July 1 Oklahoma State Camp, Aug. 3 - Aug. 13 Family time.

*Shaker, Colonie and Queensbury sites until June 10 & 11, 2020, then converts to Niskayuna for Sept. and Oct.

*Remaining July & August practice locations & times TBD.

How to Register Register online at www.journeymanwrestling.com, under clubs. Look for Register NOW link. **You have the option of paying online (link via credit card) or cash. NO CHECKS.** Once registered, please hand deliver medical forms to Coach Popolizio or Coach Miller.

How Much? *Journeyman Wrestling Club is a non-profit organization;* therefore, monies raised by collecting membership fees help finance the operation of the club – paying world-level coaches, apparel, facility costs, and offsetting entry fees for competitions. If you'd like to contribute beyond the membership fee, please feel free to do so. Your help would be appreciated.

The membership fees are as follows: (there is no reduction in rate for athletes attending only one night a week or certain months of the year)

Member - Group of wrestlers will get access to special guest clinicians, competitions and practice times. **100-member limit:** Price is \$950 if paying with credit card - \$925 if paying cash).

Elite 40 - \$200

Returning Seniors - Pertains to seniors heading off to college in the fall: **\$825 if paying with credit card / \$800 if paying cash.**

Semi-Private Lessons (Groups of 4) - Call to inquire about pricing. **Journeyman Wrestling does not offer payment plans. Payment is due prior to your first practice; however, we have an open-enrollment policy, so you can enroll at any time. The only cut-off date is when we've reached capacity.**

ALERT! Discounts

Cash Discount – If paying cash, please make arrangements to give enrollment information and payment prior to March 2. Do not send cash through the mail. You may pay on the first day of practice **only if you make prior arrangements with Coach Pop.**

Sibling Discount – Siblings from the same household will be offered a \$50 discount on the second athlete. First athlete is full price while the sibling is a \$50 discount. **No other discounts can be coupled with this offer.**

Discounts Available: Cash - \$25; Sibling - \$50

Insurance All members are responsible to secure their own secondary insurance. Journeyman Wrestling does not provide accident and health insurance coverage. You must provide proof of this secondary coverage before you are allowed to wrestle in the club. Since Journeyman Wrestling Club is a sanctioned club with USA Wrestling and NYWAY, athletes can secure coverage via USA Wrestling or NYWAY.

USA Wrestling - <https://www.usawmembership.com>
 NYWAY - <http://www.nyway.org>

Please be mindful that this is not included in your tuition. Furthermore, this coverage is a secondary insurance plan, but is mandatory for all participants nonetheless.

Refunds There are no refunds for any reason once the 2020 session begins.

Venues

Niskayuna High School – Monday 4:15 - 6:00 PM *

Niskayuna High School – Tuesday 4:30-6:15 PM

Niskayuna High School – Wednesday 4:15-6:00 PM * Elite 40

Shaker High School – Wednesday 5:30-7:00 PM

Colonie High School – Thursday 5:30-7:00 PM

Queensbury High School – Thursday 5:00-6:30 PM

Niskayuna High School – Sunday Scraps - 9:00 - 10:30 AM

(These practices are on a TBD schedule)

* Any non varsity level athletes enrolling in the club are requested to attend Coach Miller's practice on Monday evenings (6:15 - 7:45 PM) at Niskayuna HS from March - May.

* Elite 40 is a dedicated practice to the most veteran and experienced wrestlers in the club looking to compete on our travel teams The group is selected by Journeyman.

Questions and Correspondence E-mail is the most practical way to communicate; therefore, please make sure that your e-mail address is included and legible on the application. Also, we use the REMIND App to send group text messages. It is imperative that both the parents and the athlete's numbers on in this system. Finally, sign up on our Journeyman Wrestling facebook page and twitter handle - @jmenwrestling. If a practice is cancelled or a time change is contemplated, we'll inform you through one of these formats.

Capacity For years our philosophy was to not turn any athlete away. Although this inclusiveness has paid some handsome dividends over the past 14+ years, it has also produced some space issues. **We now strictly limit the allowable members to 100...**No more than that. This makes it the leanest the club has ever been. We feel that the limits offer exclusiveness and more one-on-one attention.

Eligibility Who's in, who's not? Wrestlers from 8th to 12th grade are welcome and encouraged to apply. Adults and post grads are also welcome to join, but they must have a signed waiver and comprehensive health insurance in place. (Photo copy of insurance card required). 7 & 8th graders are also eligible for our Mini Men program. We assess each athlete to determine what the best fit is.

Only apply if you are seriously committed to improving yourself. We're looking for athletes who will truly commit to wrestling off season.

www.journeymanwrestling.com • Frank@journeymanwrestling.com • (518) 441-2374