



PRESENTS



WOLFPACK NC STATE WRESTLING | ZACH ESPOSITO SUMMER CAMPS



JUNE 27-30, 2024

ZACK ESPOSITO/NC STATE YOUTH CAMP – JUNE 27-29
NC STATE HIGH SCHOOL CAMP – JUNE 28-30



East Coast Location • JOURNEYMEN WRESTLING CENTER • 100 Saratoga Blvd., Suite 22, Malta, NY 12020
Close proximity to PA, NJ and New England, and Centrally Located for NY

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

NC State – NY Training Camp (high school)

is technically a “commuter camp;” there are no accommodations or food being served. However, we have already received commitments from programs across the state and neighboring states. That said, we have set up hotel accommodations to help those who want to make the journey in for this exclusive opportunity. This camp is designed to be the best of both worlds – learn and burn! Learn great techniques from perhaps the most technical program in the nation, NC State, and then prepare to scrap and scramble later in the day! Entire teams are also welcome at this very popular camp. You will get to compete and learn with the toughest wrestlers on the east coast. The camp emphasizes technique and live wrestling, but also finds time for some fun. If you are coming alone or with a team – no worries, we’ll have a spot for you.

ZACK ESPOSITO (USA Wrestling Development Coach) & NC State Youth Camp: (7th grade & younger)

Don't miss this opportunity to train with some of the top wrestlers and coaches in the country, as USA Wrestling's head development coach, Zack Esposito, makes a rare visit to the Capital Region of New York State this summer.

This is a youth commuter camp built inside the NC State camp; however, we expect out-of-the-area competitors to make the trip. Camp is limited to only 40 wrestlers and will focus on developing fundamentally sound skills. Wrestlers will learn to develop good wrestling habits and be pushed during live sessions. Parents are welcome to observe, or feel free to drop the kids off for the day and pick them up after the session. Don't be fooled by the youth title! This is a high-end, elite youth camp, geared for the focused young athlete. Wrestlers should be prepared to work hard and be disciplined.

YOUTH CAMP SCHEDULE: June 27-29, 2024

June 27	Check-in/Registration: 1:30 pm-2:30 pm Session 1: 2:30 pm-4:30 pm • Instruction, drill and live wrestling Lunch Break: 4:30 pm-5:30 pm Session 2: 5:30 pm-7:15 pm • Instruction, drill and live wrestling
June 28	Session 1: 2:30 pm-4:30 pm • Instruction, drill and live wrestling Lunch Break: 4:30 pm-5:30 pm Session 2: 5:30 pm-7:15 pm • Instruction, drill and live wrestling
June 29	Session 1: 2:30 pm-4:30 pm • Instruction, drill and live wrestling Lunch Break: 4:30 pm-5:30 pm Session 2: 5:30 pm-7:15 pm • Instruction, drill and live wrestling
June 29	Check Out: 7:30 pm

HIGH SCHOOL CAMP SCHEDULE: June 28-30, 2024

June 28	Check-in/Registration: 8:00 am-8:45 am Session 1: 9:00 am-11:00 am • Instruction, drill and live wrestling Lunch Break: 11:00 am-12:00 pm Session 2: 12:00 pm-2:00 pm • Instruction, drill and live wrestling
June 29 & 30	Session 1: 9:00 am-11:00 am • Instruction, drill and live wrestling Lunch Break: 11:00 am-12:00 pm Session 2: 12:00 pm-2:00 pm • Instruction, drill and live wrestling Session 3: 2:00 pm-2:30 pm • hard drill
June 30	Check Out: 3:00 pm

General Information: Once 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. We look forward to working with you this summer!

What to Bring: Each camper will be expected to supply his own workout gear, shoes, shirts, shorts, singlets, etc. Bring multiple changes of clothes and expect to shower in between sessions.

Bring a supply of Defense Soap (wipes) 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. For orders of Defense Soap, email Coach Popolizio at info@Journeymentwrestling.com or defensesoap.com directly.

NC STATE Camp Fee: \$300 commuter or resident coach. Apply online at www.tournaflex.com (NC State - HS drop down). Deposit is \$125 online, with the remaining balance due in cash at check-in. All campers must complete and mail in the attached medical form. Camp includes instruction, secondary insurance, and facility usage. Coaches who bring 10 or more athletes attend free of charge.

Youth Camp Fee: \$240 commuter. Apply online at www.tournaflex.com (NC State - Youth drop down). Deposit is \$125 online, with the remaining balance due in cash at check-in. All campers must complete and mail in the attached medical form. Camp includes instruction, secondary insurance, and facility usage.

REFUNDS: There will be no refund of deposit once it is received by Paleface Athletics, LLC. There is also no refund or prorating of the remaining balance once the camp begins - injuries included.

Nearby Accommodations: Fairfield Inn & Suites by Marriott Saratoga Malta
101 Saratoga Village Blvd., Malta, NY 12020 • Phone: (518) 899-6900

Health Insurance: Camp participants 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 collectable 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.



PAT POPOLIZIO'S COACHING HISTORY

The 2023-24 wrestling season marks Pat Popolizio's 12th at the helm of the NC State wrestling program, as he was named head wrestling coach of the Wolfpack on April 10, 2012.

Popolizio was named the 2018 Dan Gable co-NCAA Coach of the Year and the 2016 National Coach of the Year by FloWrestling. He has also been a finalist for the NWCA Division I National Coach of the Year in 2018, 2019, 2020, 2021, and 2022. He has been named ACC Coach of the Year three times, in 2018, 2020, and 2021.

In 11 seasons under Popolizio, NC State Wrestling has had:

- 3 National Champions
- 6 NCAA Finalists
- 27 All-Americans
- 28 ACC Champions
- 5 ACC Wrestlers of the Year
- 3 ACC Rookies of the Year
- 3 ACC Scholar-Athletes of the Year

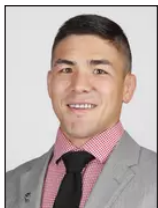
Popolizio has captured six ACC Championships, including five straight (2019, 2020, 2021, 2022, and 2023).



CAMP COUNSELORS



Pat Popolizio
Head Coach
NC State University



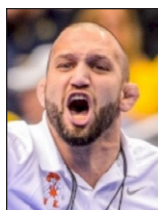
Adam Hall
Associate Head Coach
NC State University



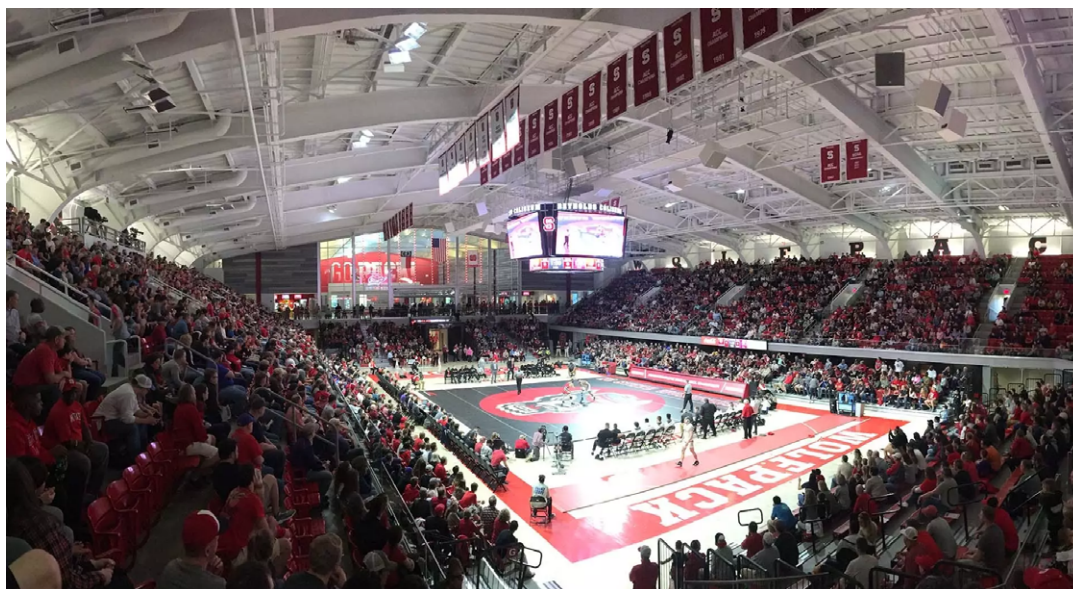
Kai Orine
NCAA All-American
NC State University



Ed Scott
NCAA All-American
NC State University



Zack Esposito
Head Development
Coach for USAW



NC STATE - NY THREE-DAY TRAINING CAMP • JUNE 27-30, 2024

ESPOSITO/NC STATE YOUTH CAMP • June 27-29, 2024

(40 SPOTS AVAILABLE)

\$140 at registration - \$100 due at check-in

NC STATE HIGH SCHOOL CAMP • June 28-30, 2024

(50 SPOTS AVAILABLE)

Tuition: \$300 commuter or resident coach
\$125 at registration - \$175 due at check-in

**Remember, only cash or money order will be accepted for balance at check-in*

APPLICATION FORM: Register online at www.Journeymentwrestling.com
via the Tournaflex segment, drop down to NC State Wrestling Camp - pay deposit online

Remember to complete and mail in the medical form

