



2013 WRESTLING CAMPS @

CAMP DATES

July 28th thru July 31st

TECHNIQUE & LIVE WRESTLING CAMPS

Ratio 10 to 1 Campers to Counselors



Featuring:

Pat Popolizio, NC State Head Coach

Jamill Kelly, NC State Assistant Coach

Frank Beasley, NC State Assistant Coach

Current NC State Team Members as Counselors

DAILY CAMP SCHEDULE

6:30 a.m.-7:15 a.m. – Optional run

7:30 a.m.-8:15 a.m. – Breakfast

9:00 a.m.-11:00 a.m. – Technique

11:30 a.m.-12:00 p.m. – Lunch

1:30 p.m.-3:15 p.m. – Live wrestling

5:00 p.m.-6:00 p.m. – Dinner

7:00 p.m.-8:45 p.m. – Technique, Drill, Lift

10:30 p.m. – Lights out!

CAMP WILL END AFTER THE LIVE SESSION AT
3:15 PM ON THE LAST DAY

POP'S ATHLETICS WRESTLING, 3262 CUMBERLAND POND ROAD, RALEIGH, NC 27606

2013 WRESTLING CAMPS @ NC STATE UNIVERSITY

This camp 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!

Coach Popolizio is dedicated to promoting excellence in character and performance on the mat, while stressing the importance of learning life-skills off the mat. 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. What makes this camp unique? The clinicians will be evaluating each team's performance during the live practices and using the third technique session of the day to show technique that will directly impact the training of each wrestler's specific needs. This provides wrestlers and coaches the ability to make instant improvements in needed areas on and off the mat. Weight training, nutrition, learning how to peak, goal-setting, conditioning, mental toughness, situational wrestling, and character will all be facets of training taking place at the camp. We believe that every link in a chain is important, so every individual is viewed as a valuable member of our camp. Come and find out for yourself!

POP'S ATHLETICS CLINICIANS



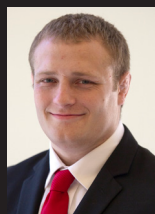
Pat Popolizio

- NC State Head Coach
- Coached Binghamton to top 14 finish in 2012 and 21st in 2010
 - CAA Coach of the year in 2012 and 2010
 - Has Coached 22 NCAA Qualifiers and 4 All-Americans



Jamill Kelly

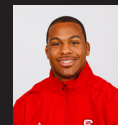
- NC State Assistant Wrestling Coach
- 2003 World Team Member
 - 2003 Pan Am Games Silver Medalist
 - 2004 US Open Champion
 - 2004 Olympic Silver Medalist



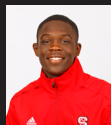
Frank Beasley

- NC State Assistant Wrestling Coach
- 2X Academic All-American
 - NJCAA All-American
 - Coached 28 NCAA Qualifiers and 4 AA in the last 6 years at Buffalo, Bloomsburg and Binghamton

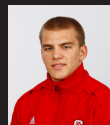
CAMP COUNSELORS:



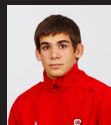
KaRonne Jones
Cape Fear HS
North Carolina



Thomas Gantt
Cahokia HS
Illinois



Matthew Nereim
Winter Springs HS
Florida



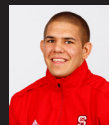
Sam Speno
Fox Lane HS
New York



Ryan Fox
Huntington HS
New York



Nijel Jones
T.C. Robertson HS
North Carolina



Nick Gwiazdowski
Duansburg HS
New York

PLUS OTHER MEMBERS OF THE TEAM: Avelar, Michael | Davis, Joshua | Davis, Patrick | Fulk, Kohl | Gabriel, Mardel | Hunt, Tyler | Hutton, Patrick | Jorge, Brandon | Kosoy, Mike | Lackey, Josh | LaVey, Gabe | Palma, Eloheim | Peltier, Bret

REGISTRATION (PLEASE PRINT)
Camp is open to any and all entrants

Camper Name

Birthdate Weight

Parent/Guardian Name

Address

Home Phone

Cell Phone

Email

ENROLLMENT TUITION

- ☐ Resident: \$350
- ☐ Commuter: \$250
- ☐ Commuter plus meals: \$300

PARENTAL HOLD HARMLESS STATEMENT

I agree not to hold the directors, staff, clinicians of the Pop's Athletics Wrestling Camp, Pops Athletics, LLC, NC State University, or anyone associated with the camp, responsible or liable for any accident, medical, dental, or any other expense incurred as a result of my child's participation at the camp from July 28-31, 2013. In case of injury, you have my permission to administer first aid or take him/her to a doctor or hospital to be treated.

Signature

Date

Please send a \$100 non-refundable money order only made out to: Pop's Athletics.

FOR MORE INFORMATION

popsathletics.org

(607) 372-4118

popolizopat@gmail.com

Pop's Athletics Wrestling Camp is neither owned nor operated by NC State University