

PURSUIT OF EXCELLENCE



2014 WRESTLING CAMPS @



CAMP DATES

August 11th thru August 14th

TECHNIQUE & LIVE WRESTLING CAMPS

Ratio 10 to 1 Campers to Counselors



Featuring:

Pat Popolizio, *NC State Head Coach*

John Degl, *ISW Owner & Coach*

Frank Beasley, *NC State Assistant Coach*

Current NC State Team Members as Counselors:

Nick Gwiazdowski, Sam Speno, Ryan Fox, Sam Melikan & Others

DAILY CAMP SCHEDULE

9:00 a.m.-11:00 a.m. – Instruction, Drill & Live Situations

11:00 a.m.-12: p.m. – Lunch

12:00 p.m.-2:00 p.m. – Instruction & Drill

2:00 p.m.-3:00 p.m. – Live Wrestling

CAMP WILL END AFTER THE LIVE SESSION AT 3:00 PM ON THE LAST DAY

IOWA STYLE WRESTLING, 245 ROUTE 100, SOMERS, NY 10589

2014 WRESTLING CAMPS @ ISW

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!

ISW CAMP 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



John Degl

ISW Owner & Coach

- 1991 NY State Champ
- Coached 15 NY State Champs
- Coached 5 High School All-Americans
- Former Assistant Coach at Hofstra University



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:

Nick Gwiazdowski, Sam Speno, Ryan Fox, Sam Melikan & Others

[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](#)

\$395

Team discount available for 10 or more athletes. Contact John Degl for more information.

[PARENTAL HOLD HARMLESS STATEMENT](#)

I agree not to hold the directors, staff, clinicians of Iowa Style Wrestling, 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 August 12-15, 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 Iowa Style Wrestling

*Mailing Address:
124 Austin Rd.,
Mahopac, NY 10541*

[FOR MORE INFORMATION](#)

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