

Registration (Please print)

Camper Name _____

Birthdate _____ Weight _____

Parent/Guardian Name _____

Address _____

City _____ State _____ Zip _____

Phone Number (H) _____

Cell Number _____

E-mail _____

Grade Entering _____ Years of Experience _____

Insurance Type and Policy # _____

Shirt Size (circle one)

Youth M Youth L Adult S
Adult M Adult L Adult XL Adult XXL

High School/Team _____

Coach _____

Address/E-mail _____

Enrollment Tuition

Resident-\$325 Commuter-\$225

Parental hold harmless statement

I agree not to hold the directors, staff, clinicians of the Pop's Athletics Wrestling Camp, Pops Athletics, LLC, Binghamton 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 14-17, 2010. 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 check made out to: Pop's Athletics. Mail the registration and deposit to:

Pat Popolizio (wrestling)
PO Box 6000
Binghamton, NY 13902

Sorry no refunds!

Pat Popolizio (wrestling)
PO Box 6000
Binghamton, New York 13902



*Scrapping and scrambling
your way to the top*

at

Binghamton University

Binghamton, New York

July 14-17, 2010

Featuring

Binghamton Head Coach
Pat Popolizio

Binghamton Head Assistant Coach
Dennis Papadatos

Binghamton Assistant Coach
Scott Green

Binghamton Volunteer Assistant Coach
Andy Seras

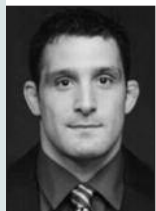
Technique and Live Wrestling Camp

Resident-\$325 – Commuter-\$225

**Limited to 100 wrestlers only.
Ratio 10 to 1 Campers to Counselors**

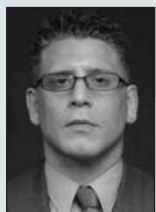
Sponsored by Pops Athletics, LLC

2010 Pop's Athletics Clinicians



Pat Popolizio

- Head Coach, Binghamton University
- Head Assistant Coach at American University, 2004-2006, 17th at 2006 NCAAs
- Three-time NCAA qualifier for Oklahoma State University
- National High School Runner-up
- New York State Champion



Dennis Papadatos

- Head Assistant Coach, Binghamton University – 2006
- Former Assistant Coach at Northern Illinois State and Hofstra
- Two-time NCAA Division I qualifier for Hofstra



Scott Green

- Assistant Coach, Binghamton University
- Owner/Operator, Shamrock Athletic Center
- Lead Oxford Academy athletes to six Section 4 and four state titles



Andy Seras

- Volunteer Assistant Coach, Binghamton University
- 2006 US Greco-Roman Team Coach
- 2004 Olympic Greco-Roman Coach
- Head Coach, Sacred Heart University – 2002-2007
- Four-time Conference Champion – University at Albany



2010 Pop's Athletics Counselors



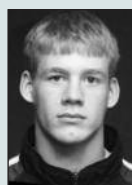
Donnie Vinson

2009 Jr Fila Greco National Champ
2009 University Third Place Freestyle



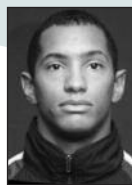
Justin Lister

Three-time NYS Runner-Up
University All-American



Nate Schiedel

NYS Champ
198 High School Wins
Jr Fila All-American



Anwar Goeres

NYS Champ All-Conference
Third in CAA 2009



Matt Kaylor

Two-time Section II Champ
All-Conference 2009



Cory Waite

Four-year Starter at Binghamton
All-Conference 2009



Anthony Esposito

2005 Section I Champ



James Inghram

Three-time State Placewinner



Josh Patterson

2009 NCAA All-American
2009 Wade Schalles award winner
Most wins in Division I in 2009

Camp Schedule

Wednesday, July 14

6:00 p.m.-6:50 p.m. Registration
(west gym Binghamton University)

6:50 p.m.-7:00 p.m.

Camp kick-off with Coach Popolizio and staff

7:00 p.m.-8:30 p.m. – Technique session

8:30 p.m.-9:00 p.m. – Drill session/Live wrestling

9:00 p.m.-10:00 p.m. – Showers/room prep.

10:00 p.m. – Lights out!

Thursday, July 15-Saturday, July 17

8:00 a.m.-9:00 a.m. – Breakfast

9:30 a.m.-10:45 a.m. – Technique session

10:45 a.m.-noon – Live wrestling

12:00 p.m.-2:00 p.m. – Lunch/Rest

2:00 p.m.-5:00 p.m. – Technique session

5:00 p.m.-6:30 p.m. – Dinner/Rest

6:30 p.m.-8:00 p.m. – Evaluation session/technique

8:00 p.m.-8:30 p.m. – Live wrestling/drill

8:30 p.m.-9:00 p.m. – Motivational talk with clinicians

9:00 p.m.-10:30 p.m. – Showers/team time

10:30 p.m. – Lights out!

*The last camp session will end at 5:00 p.m. on Tuesday



Camp Philosophy

Pursuit of excellence on and off the mat!

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. 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 that 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. 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 allows 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 to find out for yourself!

Please call (607) 372-4118
or E-mail: ppopoliz@binghamton.edu
for more information
or visit www.popsathletics.com