



INTENSIVE CAMP

JULY 8-12, 2024

**MNWOOD@NCSU.EDU
919-306-8992**

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

TWO DISCIPLINES TO CHOOSE FROM

IF YOU'RE LOOKING FOR INTENSITY, THEN SEARCH NO FURTHER. THIS INTENSIVE CAMP IS FOR THE ULTIMATE COMPETITOR. THIS CAMP WILL TEACH YOU THE THREE MOST CRITICAL ASPECTS OF WRESTLING: TECHNIQUE, CONDITIONING AND STRENGTH (MENTAL AND PHYSICAL). THROUGH REPETITIVE DRILLING AND COACH'S DIRECTION YOU WILL DEVELOP YOUR BODY AND MIND TO BECOME AN EXPLOSIVE PERFORMER ON THE MAT. THIS INTENSIVE CAMP WILL FOCUS ON MATCH PREPARATION INCLUDING FOCUS, RELAXATION, WARM UP AND WEIGHT CONTROL. YOU WILL BE PUSHED BEYOND YOUR COMFORT ZONE AND TAKE YOUR PERFORMANCE TO A WHOLE NEW LEVEL. LEAD BY NATIONAL, WORLD AND OLYMPIC CHAMPIONS, THIS CAMP WILL GIVE YOU A MENTAL EDGE TO DOMINATE YOUR OPPONENTS.

FREESTYLE

WITH FORMER AND ACTIVE USA WORLD TEAM MEMBERS: ADAM HALL FORMER UNIVERSITY WORLD TEAM, TRENT HIDLAY U23 WORLD SILVER/BRONZE MEDALIST AND ISAAC TRUMBLE U23 WORLD GOLD MEDALIST. THE OPPORTUNITIES ASSOCIATED WITH THIS CAMP ARE OUTSTANDING. LEARNING AND TRAINING FREESTYLE UNDER OUR STAFF'S TUTELAGE, WHILE PREPARING FOR FARGO, JUST BECAME MORE EFFICIENT AND EFFECTIVE.

FOLKSTYLE

IF YOU FEEL MORE COMFORTABLE TRAINING IN FOLKSTYLE, THEN SO BE IT. WE HAVE EXACTLY WHAT YOU'RE LOOKING FOR HERE, TOO. PAT POPOLIZIO AND HIS STAFF RUN PERHAPS ONE OF THE GRITTIEST INTENSIVE CAMPS IN THE COUNTRY. TOUGH AS NAILS WILL COME TO MIND AS YOU EXIT THE WRESTLING ROOM.



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COST: \$625 RESIDENT WRESTLER, \$500 RESIDENT COACH OR COMMUTER
A DEPOSIT IS DUE WHEN REGISTERING ONLINE. REMAINING BALANCE (\$300) IS DUE UPON CHECK-IN. CAMP INCLUDES INSTRUCTION, ROOM AND BOARD (WHERE APPLICABLE), SECONDARY INSURANCE, AND FACILITY USAGE.
PLEASE NOTE: NO FOOD OR LODGING IS PROVIDED FOR COMMUTERS.

CHECK-IN REGISTRATION IS FROM 3:00-5:00 PM, MONDAY, JULY 08, 2024

THE FIRST SESSION IS JULY 8 AT 6:00 PM AT REYNOLDS COLISEUM. THE FIRST MEAL SERVED WILL BE BREAKFAST JULY 9. THE LAST MEAL SERVED IS BREAKFAST JULY 12, 2024.

CHECK-OUT 11:30 AM JULY 14, 2023. FOR LOGISTICAL REASONS, WE STRONGLY DISCOURAGE EARLY CHECK-OUT.

REFUNDS: THERE WILL BE NO REFUND OF DEPOSIT ONCE IT IS RECEIVED BY POP'S ATHLETICS, LLC. THERE IS ALSO NO REFUND FOR THE REMAINING BALANCE ONCE THE CAMP BEGINS - INJURIES INCLUDED. THERE IS ALSO NO PRORATING FOR HAVING TO LEAVE CAMP EARLY OR A LATE ARRIVAL.

SUPERVISION: RULES WILL BE READ, DISCUSSED AND SIGNED OFF ON BY THE CAMPER. VIOLATION OF THE RULES COULD BE GROUNDS FOR IMMEDIATE DISMISSAL. THERE IS A ZERO-TOLERANCE ATTITUDE TOWARD ALCOHOL, DRUGS, FIREWORKS, HAZING, OR VIOLENCE. PARTICIPANTS WILL BE SUPERVISED DURING ALL ORGANIZED TIMES AND IN THE DORMITORY. CAMPERS WILL BE REQUIRED TO ATTEND ALL ASSIGNED ACTIVITIES AND INSTRUCTION SESSIONS. THOSE ENROLLED IN THE CAMP MUST COMPLY WITH ALL RULES AND REGULATIONS GOVERNING CONDUCT OF THE STUDENTS ON CAMPUS. ANY VIOLATIONS OR ABUSE OF THESE RULES WILL CAUSE IMMEDIATE DISMISSAL FROM THE CAMP WITHOUT A REFUND.

WE WILL USE EVERY PRECAUTION TO PREVENT ACCIDENTS. WE DO NOT, HOWEVER, ASSUME ANY RESPONSIBILITY FOR MEDICAL, DENTAL, OR OTHER EXPENSES INCURRED AS A RESULT OF ACCIDENTS. A PARENT OR GUARDIAN MUST SIGN THE APPLICATION BEFORE A CAMPER WILL BE ACCEPTED INTO THE CAMP.

WHAT TO BRING

BRING YOUR OWN BEDDING, A PILLOW, SHEETS, AND TOWELS. TWO PEOPLE WILL BE ASSIGNED TO EACH ROOM AT CHECK-IN. EACH CAMPER WILL BE EXPECTED TO SUPPLY HIS OWN WORKOUT GEAR, SHOES, SHIRTS, SHORTS, SINGLET, ETC. YOU MAY NEED TO CHANGE WORK-OUT CLOTHES 3-4 TIMES A DAY, SO 10-12 SETS IS NOT UNREASONABLE (LAUNDRY FACILITIES ARE AVAILABLE). A SET OF WORK-OUT CLOTHES INCLUDES A T-SHIRT, SOCKS, SHORTS, UNDERGARMENT, KNEE PADS, ETC. INTENSIVE CAMPERS WILL ALSO NEED TO BRING RUNNING SHOES AND A JUMP ROPE.

DONT FORGET

- T-SHIRTS: MARK YOUR NAME IN LARGE PRINT ON THE BACK OF MOST OF YOUR WORKOUT T-SHIRTS, THIS WILL HELP COACHES IDENTIFY YOU.
- WRESTLING SHOES
- HEAD GEAR
- MOUTH GUARDS

TYPICAL DAILY SCHEDULE

6:00-7:00 AM - RUN/WORKOUT
7:30-8:30 AM - BREAKFAST
9:45-11:30 AM - INSTRUCTION/DRILL
11:30 AM-12:30 PM - LUNCH
2:40-4:30 PM - INSTRUCTION AND LIVE WRESTLING
5:00-6:00 PM - DINNER
6:45-8:00 PM - INSTRUCTION AND LIVE WRESTLING

YEAR AFTER YEAR OF EXCELLENCE

IN 2019, MORE THAN 150 WRESTLERS TOOK THE CHALLENGE OF PAT POPOLIZIO'S INTENSIVE CAMP. THE INTENSIVE CAMP HAS BECOME ONE OF THE BEST CAMPS IN THE COUNTRY. WRESTLERS FROM ALL OVER THE USA ARE GETTING TO EXPERIENCE WHAT IT MEANS TO BE A PART OF NC STATE WRESTLING.

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The Wolfpack Wrestling Camps is open to any and all entrants and neither owned nor operated by NC State University.

CLINICIANS



COUNSELORS

