



TEAM CAMP

JULY 9-12, 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

THIS CAMP WILL GIVE WRESTLERS AND COACHES AN OPPORTUNITY TO GAIN VALUABLE INSIGHT ON WHAT IT TAKES TO BE SUCCESSFUL AT THE TOP LEVEL OF WRESTLING FROM CLINICIANS WHO HAVE LIVED IT! GET WORLD CLASS WRESTLING TECHNIQUE AND NUMEROUS COMPETITIVE MATCHES EVERY DAY. TECHNIQUE SESSIONS WILL TEACH YOU HOW TO DRILL AND EXECUTE HIGH LEVEL SKILLS AND COMPETITIVE SESSIONS WILL HELP YOUR TEAM LEARN TO PREPARE FOR COMPETITION.



COMMIT TO THE TRADITION

- 1 NCAA TEAM TROPHY
- 6 WORLD TEAM MEDALS
- 8 NCAA CHAMPS
- 10 WORLD TEAM MEMBERS
- 20 ACC TEAM TITLES
- 55 NCAA ALL-AMERICANS
- 137 ACC CHAMPIONS
- 1 WORLD CHAMPION

GROUP DISCOUNTS AVAILABLE: FOR GROUPS OF 8 EACH CAMPER WILL RECEIVE A DISCOUNT OF \$25 AND FOR GROUPS OF 12 OR MORE EACH CAMPER WILL RECEIVE A \$50 DISCOUNT. IN ORDER TO RECEIVE THE DISCOUNT ALL CAMPERS MUST ENROLL ON THEIR THE TEAM'S REGISTRATION PAGE BEFORE JUNE 1ST..



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COST: \$460 RESIDENT WRESTLER, \$360 COMMUTER, \$250 RESIDENT COACH
A DEPOSIT IS DUE WHEN REGISTERING ONLINE. REMAINING BALANCE (RESIDENT/COMMUTER \$250 OR \$150 COACH) 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 11:30-2:00 PM, TUESDAY, JULY 09, 2024

THE FIRST SESSION IS JULY 9 AT 2:30 PM AT REYNOLDS COLISEUM. THE FIRST MEAL SERVED WILL BE DINNER 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, SINGLETS, ETC. YOU MAY NEED TO CHANGE WORK-OUT CLOTHES 3-4 TIMES A DAY, SO 10-12 SETS IS NOT UNREASONABLE. A SET OF WORK-OUT CLOTHES INCLUDES A T-SHIRT, SOCKS, SHORTS, UNDERGARMENT, KNEE PADS, ETC.

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

7:00 AM - 9:00 AM-BREAKFAST
 9:30 AM - 11:00 AM-TECHNIQUE SESSION
 11:30 PM - 1:00 PM-LUNCH
 1:30 PM - 3:30 PM-DUAL MEETS
 5:00 PM - 6:00 PM-DINNER
 6:30 PM - 8:30 PM-DUAL MEETS
 10:00 PM-BED CHECKS

YEAR AFTER YEAR OF EXCELLENCE

IN 2023, MORE THAN 325 WRESTLERS TOOK THE CHALLENGE OF PAT POPOLIZIO'S TEAM CAMP. THE TEAM 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

