



JOURNEYMEN WRESTLING PRESENTS

John Smith Oklahoma State Wrestling



JOURNEYMEN SUMMER CAMPS

JUNE 29 – JULY 1, 2020



**East Coast Location • Niskayuna High School • Niskayuna, NY
Close proximity to PA, NJ and New England and Centrally Located for NY**

Oklahoma State's wrestling camp is committed to helping you become great! This camp will give you the opportunity to train the way you must train to become the best that you can be. Train side-by side with John Smith, the greatest wrestler In American history. This camp is for the wrestler who is looking to improve on the best and easiest way to get a takedown, to score off bottom, and different ways to ride from the top position.

TWO CAMPS UNDER ONE ROOF:

OSU-NY Training Camp (high school) is technically a "commuter camp." There are no accommodations or food being served. However, we have already received commitments from programs across the state and neighboring states. That said, we have set up hotel accommodations to help those who want to make the journey in for this exclusive opportunity. This camp is designed to be the best of both worlds – learn and burn! Learn great techniques from perhaps the most technical program in the nation, OSU, and then prepare to scrap and scramble later in the day! Entire teams are also welcome at this very popular camp. You will get to compete and learn with the toughest wrestlers on the east coast. The camp emphasizes technique and live wrestling, but also finds time for some fun. If you are coming alone or with a team – no worries, we'll have a spot for you.

Youth Camp Option: (7th grade and younger)

Don't miss this opportunity to train with some of the top wrestlers and coaches in the country, as the cowboys make a rare visit to the Capital Region of New York State this summer.

This is a youth commuter camp built inside the OSU camp; however, we expect out-of-the-area competitors to make the trip. Camp is limited to only 40 wrestlers and will focus on developing fundamentally-sound skills. Wrestlers will learn to develop

good wrestling habits and be pushed during live sessions. Parents are welcome to observe, or feel free to drop the kids off for the day and pick them up in the afternoon (except on being the last day – July 2). The last day of camp will combine both HS and youth group with Coach John Smith. Don't be fooled by the Youth title! This is a high-end, elite youth camp, geared for the focused young athlete. Wrestlers should be prepared to work hard and be disciplined.

Camp Schedule

June 29	Check in/Registration: 9:00-10:30 am Session 1: 10:30 am-12:30 pm • Instruction, drill and live wrestling Lunch Break: 12:30-1:30 pm Session 2: 1:30-3:30 pm • Instruction, drill and live wrestling
June 30 -July 1	Session 1: 9:30-11:30 am • Instruction, drill and live wrestling Lunch Break: 11:30 am-12:30 pm Session 2: 12:30-2:00 pm • Instruction, drill and live wrestling Session 3: 2:30-3:00 pm • Hard drill

July 1 Check Out: 3:00 pm

General Information: Once we receive your deposit, each camper will be sent a confirmation e-mail that will tell you the exact location for registration. **Please be sure to include an e-mail address.** This will be our main source of communication. We will have as many staff members as possible at each camp.

Because of training schedules, we can't guarantee that everyone listed will be at every camp. Sessions fill up early, so get your applications in soon. We look forward to working with you this summer!

What to Bring: Each camper will be expected to supply his own workout gear, shoes, shirts, shorts, singlets, etc. Bring multiple changes of clothes and expect to shower in between sessions.

Bring a supply of Defense Soap (wipes) to prevent skin infections. This is critically important!

 Defense soaps are triple milled and have a TFM (fatty acids) of 77% for a deep rich cleansing lather. Defense Soap contains no fillers, perfume,

alcohol, scents, Triclosan or any other chemicals that can impact the quality. They contain a full 2% concentration of tea tree and eucalyptus oils; natural antimicrobial ingredients known to be effective against ringworm, staph, impetigo, herpes, jock itch and athlete's foot. For orders of Defense Soap, email Coach Popolizio at Frank@journeymenwrestling.com or defensesoap.com directly.

OSU Camp Fee: \$300 commuter or resident coach. Apply online at www.touraflex.com (Oklahoma State - HS drop down). Deposit is \$125 online, with the remaining balance due in cash at check in. All campers must complete and mail in the attached medical form. Camp includes instruction, secondary insurance, and facility usage. **Coaches who bring 10 or more athletes attend free of charge.**

Youth Camp Fee: \$225 commuter. Apply online at www.touraflex.com (Oklahoma State - Youth drop down). Deposit is \$125 online, with the remaining balance due in cash at check in. All campers must complete and mail in the attached medical form. Camp includes instruction, secondary insurance, and facility usage.

Refunds: There will be no refund of deposit once it is received by Lil' Okie-Big Chin, LLC. There is also no refund or prorating of the remaining balance once the camp begins — injuries included.

Nearby Accommodations: **Courtyard Schenectady at Mohawk Harbor** 240 Harbor-side Dr. Schenectady, NY (518) 579-6620 or • **Red Roof Inn** 41 Old Route 146, Clifton Park, NY 12065 (518) 373-0222.

Health Insurance: Camp participants will be covered by secondary accident insurance provided by the camp's tuition. The non-duplicating policy covers medical expenses within the range of its limits, except for those costs covered by any other valid and collectable insurance policies. No one will be admitted to the camp without a signed release and a primary insurance policy. Both must be provided on the application.



JOHN SMITH'S COACHING HISTORY



Coaching Career

- Oklahoma State's All-Time Winningest Coach with a 426-62-6 career record
- Two-Time NWCA National Coach of the Year (1994, 2003)
- Five-Time NCAA Champion Coach (1994, 2003, 2004, 2005, 2006)
- 21-Time Conference Champion Coach (1994, 1996, 1997, 1998, 2000, 2001, 2003, 2004, 2005, 2006, 2010, 2011, 2012, 2013, 2014, 2015, 2016)
- 13-Time Big 12 Coach of the Year (1997, 1998, 2001, 2003, 2004, 2005, 2006, 2010, 2011, 2013, 2014, 2015, 2016)
- Two-Time Big Eight Coach of the Year (1994, 1996)
- 32 NCAA Individual Champions Coached
- 134 NCAA All-Americans Coached
- 120 Conference Individual Champions Coached
- Coach, USA Olympic Wrestling Team (2000, 2012)
- Coach, USA Men's World Championships Team (1998, 2009, 2010, 2011)
- Coach, USA Women's World Championships Team (2017)
- Coach, USA World Cup Team (1997)
- Coach, USA Women's Cadet World Team (2018)

Wrestling Career

- ix-Time World Champion Wrestler (1987, 1988, 1989, 1990, 1991, 1992)
- Two-Time Olympic Gold Medalist (1988, 1992)
- Two-Time Pan American Games Gold Medalist (1987, 1991)
- Two-Time Goodwill Games Gold Medalist (1986, 1990)
- Two-Time NCAA Wrestling Champion (1987, 1988)
- Three-Time NCAA All-American (1985, 1987, 1988)
- Three-Time Big Eight Champion (1985, 1987, 1988)
- First North American wrestler to claim the Amateur Athletic Foundation World Trophy (1992)
- First Ever American to earn FILA's Master of Technique Award (Best technical wrestler in the world, 1990)
- First Wrestler to win James E. Sullivan Award (Nation's top amateur athlete, 1990)
- U.S. Olympic Committee Sportsman of the Year (1990)
- FILA Outstanding Wrestler of the Year (1991)
- USA Wrestling Athlete of the Year (1989)
- Amateur Wrestling News Man of the Year (1988)
- U.S. Olympic Committee Titan Award (2004)
- Named one of the 100 Greatest Olympians of All-Time (1996)
- Member, FILA Hall of Fame (Inducted in 2003)
- Distinguished Member, National Wrestling Hall of Fame (inducted in 1997)
- Member, Oklahoma Sports Hall of Fame (inducted in 1997)
- Member, NCAA 75th Anniversary Team (2005)
- NWCA College Wrestler of the Year (1987)

Records as a Wrestler

International Record: 100-5
Domestic Freestyle Record: 77-3
Collegiate Record: 152-8-2
High School Record: 105-5



OSU Counselors



John Smith

- Camp Director
- OSU Head Coach
- 2000 Olympic Team Coach
- World Team Coach 98-99
- 2-time Olympic Medalist
- 4-time World Champion
- Collegiate Coach of the Year in '94
- National Wrestling Hall of Fame

JOHN SMITH – 28th SEASON

Oklahoma State's All-Time Winningest Coach at 411-62-6
Led his Alma Mater to NCAA Team Titles (1994, 2003, 2004, 2005 and 2006)
Coached 32 Individual NCAA Champions, 129 All-Americans and Five Olympians Under his Watch, the Cowboys have brought 18 Team Conference Tournament Championships, Two Big 12 Regular-Season Titles and 114 Individual Conference Titles Back to Stillwater
Earned his 400th Coaching Victory against Minnesota in November 2017

13-Time Big 12 Conference Coach of the Year



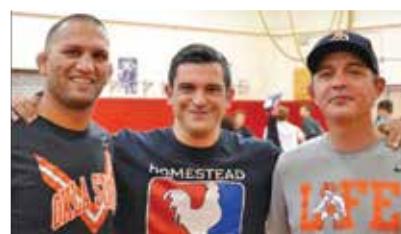
Zach Esposito

- Assistant Coach, OSU
- NCAA Champion



Frank Popolizio

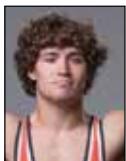
- Camp Assistant Director
- Head Coach, Journeymen Wrestling Club
- National Hall of Fame Inductee - 2018 Upstate NY Chapter
- 2009 New York State High School Assistant Coach of the Year;
- 2007, 2008, 2011, 2102 NY State Champs
- Assistant Coach, Shenendehowa High School



Camp Director

Clinicians and Counselors are subject to change

Camp Counselors



Daton Fix
• 2017 Junior
World Champion



Joe Smith
• NCAA All-American



Nick Piccininni
• NCAA All-American



Mike Krause
• Premier Youth
Coach in the
Country



OSU-NY Three-Day Training Camp June 29 - July 1, 2020

OSU CAMP (75 SPOTS AVAILABLE)

**Tuition: \$300 commuter or resident coach
\$125 at Registration – \$175 due at check in**

YOUTH CAMP (45 SPOTS AVAILABLE)

\$100 at Registration – \$125 due at check in

***Remember only cash or money order will be accepted for balance at check in**

APPLICATION FORM

You need to register online at

www.Journeymenwrestling.com

via the Tournaflex segment, drop down to Oklahoma State Wrestling Camp – pay deposit online

Remember to complete and mail in the medical form.

This camp is a non-institutionally owned camp. The camp is not owned by Oklahoma State University or any of its employees. This camp is owned by Lil' Okie Big Chin and marketed by Journeymen Wrestling. Wrestlers from Oklahoma State University will act as camp counselors. The camp is open and available to all.



For more information contact www.journeymenwrestling.com or call 518-441-2374