

The Staff



Mark Cody

- Head Coach at American University
- Former Head Assistant Coach at national powerhouse Oklahoma State University
- Trained Olympic Champion Rulon Gardner
- Has coached over 35 student-athletes to All-American status
- A three-time All-American



Pat Smith

- First four-time Division I NCAA Champion in history
- Assistant Coach of 2003 NCAA Champion Oklahoma State University



Kevin Jackson

- Olympic and World Champion
- Member of World and Olympic Teams
- Currently U.S. National Team Coach



Also Featuring:

- | | |
|--|---|
| • NCAA Champion, Brad Vering | • Current American University wrestlers |
| • NCAA Champion, Mark Munoz | • NY High School Coaches: Robert Weeks |
| • Asst. AU Coach, Joe Henson | • Mike Pimental |
| • Rocco Mansueto | • Joe Guardino |
| • Pat Popolizio, Asst. Coach at Army/ex OSU standout | • Corey Rogotzke |
| • Anthony Popolizio | • Kris West |
| | • National High School Coach of the Year, Scott Legacy. |

Mark Cody's American Wrestling Camps

4400 Massachusetts Avenue, NW
Washington, D.C. 20016-8005
Phone: (202) 885-3066

Mark Cody's American Wrestling Camps

Hosted on the campuses of
American University and Cazenovia
College



For Boys & Girls
Ages 6-18

Summer 2004

Featuring expertise coaching by AU
Head Coach Mark Cody along with
Olympic-level coaches and several
former NCAA Champions

Camp at Cazenovia College

July 5-11, 2004

- **Intensive: 7 days (July 5th-July 11th)** Designed to help a wrestler work hard yet maintain muscle mass. You will learn how to train harder and smarter. \$475 per camper
 - **Technique: (July 5th- July 9th)** Designed for all levels of experience, and to teach basic techniques that will win matches at any level. We'll break down the setup, the attack, and the finish. \$350 per camper
 - **Team Competition: (July 5th- July 9th)** A combination of one technique session in the morning and competing in the afternoon and evening to benefit both coach and wrestler. \$350 per camper/ 15 or more \$325
 - **Father & Son: (July 9th- July 11th)** Designed to give parents a better understanding of their wrestler as an athlete. It will cover all aspects of wrestling at every level including; weight training, safe weight cutting, technique and games. Both father & son \$200 as campers; \$150 for commuters; \$50 for each additional child

**Camp Directors: Mark Cody; Head Coach, American University
 Frank Popolizio; Director and Owner, Journeymen Athletics**

LEARN FROM THE TOP COACHES IN THE COUNTRY! You will not only learn basic, solid technique in the team camp, but you will also compete and battle for the team championship! Gain one year's experience in one week's time!



Conveniently located in beautiful upstate New York minutes away from Syracuse!

CAMP FACILITIES at CAZENOVIA

- Dormitory Housing (bed linens provided)
 - Great Dining facilities
 - Laundry facilities available
 - Supervised swimming, basketball and volleyball
- Visit www.cazenovia.edu about location

FOR MORE INFORMATION CONTACT:

MARK CODY; 202-885-3066, E-mail: mcody@american.edu

OR

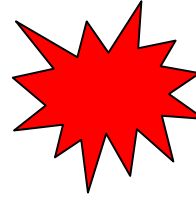
FRANK POPOLIZIO, 518-441-2374, E-mail: Frankiepesce@hotmail.com

Camp at American University

June 26-30, 2004

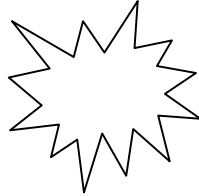
Technique Camp (\$210.00)

June 26th - 3-5 p.m.: Check-in
 6-7:30 p.m.: Session I
 June 27th - 9-11 a.m.: Session I
 12 p.m.-12:45 p.m.: Lunch served
 1 p.m.-2:30 p.m.: Session II (Technique)
 2:20 p.m.-4:30 p.m.: Session III (Compete)
 June 28th - 9 a.m.-11 a.m.: Session I
 12 p.m.-12:45 p.m.: Lunch served
 1 p.m.-2:30 p.m.: Session II (Technique)
 2:20 p.m.-4:30 p.m.: Session III (Compete)
 June 29th - 9 a.m.-11 a.m.: Session I
 12 p.m.-12:45 p.m.: Lunch served
 1 p.m.-2:30 p.m.: Session II (Technique)
 2:20 p.m.-4:30 p.m.: Session III (Compete)
 June 30th - 9 a.m.-11 a.m.: Competition and Awards



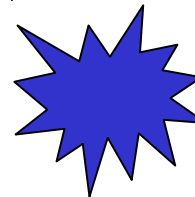
Team Competition Camp (\$210.00, \$200 with 10 person team)

June 26th - 3 p.m.-5 p.m.: Check-in
 6 p.m.-7:30 p.m.: Session I
 June 27th - 9 a.m.-11 a.m.: Session I
 12 p.m.-12:45 p.m.: Lunch served
 1 p.m.-2:30 p.m.: Session II (Technique)
 2:20 p.m.-4:30 p.m.: Session III (Compete)
 June 28th - 9 a.m.-11 a.m.: Session I
 12 p.m.-12:45 p.m.: Lunch served
 1 p.m.-2:30 p.m.: Session II (Technique)
 2:20 p.m.-4:30 p.m.: Session III (Compete)
 June 29th - 9 a.m.-11 a.m.: Session I
 12 p.m.-12:45 p.m.: Lunch served
 1 p.m.-2:30 p.m.: Session II (Technique)
 2:20 p.m.-4:30 p.m.: Session III (Compete)
 June 30th - 9 a.m.-11 a.m.: Competition and Awards



Father and Son Camp (\$125.00, each additional child is \$50)

June 26th - 9 a.m.-10 a.m.: Check-in
 10:30 a.m.-12 p.m.: Session I
 12 p.m.-12:45 p.m.: Lunch served
 1 p.m.-3:30 p.m.: Session II
 3:30 p.m.-4:30 p.m.: Session III FUN!
 June 27th - 10 a.m.-12 p.m.: Session I
 12 p.m.-1 p.m.: Lunch Served
 1 p.m.-3:30 p.m.: Session II
 3:30 p.m.-4:30 p.m.: Session III FUN!



Camp Facilities at American

- Dining: Lunches only will be served (breakfast and dinner not provided)
 - Supervised swimming, basketball and volleyball
- Visit www.american.edu about location



All Commuter Camps

Application

Please circle which camp you would like to attend

Cazenovia College

July 9-11: Father & Son Camp
 July 5-9: Competition Camp
 July 5-9: Technique Camp
 July 5-11: Seven-Day Intensive

American University

June 26-27: Father & Son Camp
 June 26-30: Competition Camp
 June 26-30: Technique Camp
All Commuter Camps!

To secure your spot in camp, please return this application along with your non-refundable deposit of 50.00 per camper.

Name _____
 Address _____
 City _____ State _____
 Zip _____ Phone _____
 E-mail _____
 Date of Birth _____
 School _____
 Emergency Contact _____
 Contact Phone _____

Medical Release: All campers must have their own medical coverage. Mark Cody's American Wrestling Camps provides only excess coverage after your insurance policy has been utilized. Campers will not be allowed to wrestle unless the following information is submitted and the form signed by a parent or guardian of the camper.

Health Insurance Co. _____
 Policy Number _____

Parent/Guardian please read and sign:

The undersigned, being a parent or legal guardian of the child requesting camp admittance, does hereby affirm that the applicant is physically able to perform activities conducted at Mark Cody's American Wrestling Camps and I hereby authorize any medical evaluation or treatment which may be advised or recommended by the attending physician of my child while at Mark Cody's American Wrestling Camps. In consideration of my application being accepted, intending to be legally bound, do hereby for myself, my heirs, executors and administrators waive and release and forever discharge any and all claims for damages, which I may have or may hereafter occur to me against American University, the wrestling program or their respective officers, agents, representatives, successors and/or assigns for any or all damages which may be sustained or suffered in connection with my association with, or participation in, Mark Cody's American Wrestling Camps on the campus of American University. I, the parent or guardian, do hereby agree to the above waiver and release.

Parent/Guardian signature _____