




adidas presents **POP & FLO**    
**Mini-Men Nationals**   
**NATIONAL FOLKSTYLE YOUTH/MODIFIED WRESTLING CHAMPIONSHIPS**

Where the young guns come to settle their differences

**Saturday, April 28, 2012**

**UNION COLLEGE – Messa Rink at Achilles Center**

807 Union St. • Schenectady, NY

**TOURNAMENT CONCEPT:** In 2010 Journeyman Wrestling and Flowrestling joined forces to create one of the top alliances in wrestling – Pop & Flo Wrestling. That alliance spawned one of the most renowned tournaments in the country – The Pop & Flo National Duals in Lake Placid, NY. Now that Pop & Flo National Duals is up and running, we are shifting some of our energy, creativity and resources to the wrestling young guns! The goal is to use our relationships within the wrestling community to bring the best youth wrestlers together for this event. We plan to properly showcase and promote the legends of tomorrow by giving them the platform they deserve with some airtime on Flowrestling. You and your teammates are cordially invited to scrap with some of the toughest wrestlers in the country.

**OFFICIAL WEIGHT CLASSES:**

**Bantam (2004 or later birthdays)**

(8 weights): 44, 48, 52, 56, 60, 65, 70, HWT (95 Max)

**Midget (2002-2003 birthdays)**

(13 Weights): 48, 53, 58, 63, 68, 73, 78, 83, 89, 96, 105, 115, HWT (150 max)

**Junior (2000-2001 birthdays)**

(15 Weights): 58, 62, 67, 72, 77, 82, 87, 93, 99, 106, 115, 125, 140, 155, HWT (200 max)

**Intermediate (1998-1999 birthdays)**

(14 Weights): 70, 75, 80, 85, 90, 96, 102, 110, 119, 128, 140, 150, 180, HWT (230 max)

**WEIGH INS and SKIN CHECK:** on 6 scales

- Friday, April 27 – 4-6 p.m. • Union College – Messa Rink at Achilles Center
- **Krause Weight-Loss Workout 6-7:30 p.m.** This workout should help you shed the little extra you're shooting for before weigh ins.
- Friday, April 27 – 7:30-8:30 p.m. • Union College – Messa Rink at Achilles Center
- Saturday, April 28 – 7:15-7:45 a.m. • Union College – Messa Rink at Achilles Center
- **NO WEIGHT ALLOWANCE!** Weight changes allowed through April 23, 2012!
- **WEIGHTS CAN ONLY BE CHANGED ONLINE** using a user id and password selected at time of registration and payment.

**Wrestling begins at 9 a.m. on Sat., April 28**

**REGISTRATION and ENTRY FEES:**

- **Participant Entry Fee: \$45.** Pre-Registration Only!
- **Spectator Entry: \$5, under 5 free**
- **Coaching Passes: \$15** (price includes Admission Pass + Coach's Pass). Only coaches with this pass will be able to enter the wrestling area.

**FORMAT:**

- All divisions feature a full double-elimination format, with wrestle-backs to 4th place.
- Club/Team scoring in affect. Roster should consist of club or school teammates. NO Recruiting please.

**SEEDING:** There is no seeding; however an attempt will be made to separate wrestlers from same state/team when possible.

**MATCH LENGTHS:** All Bouts (Bantams, Midgets, Juniors, Intermediate) 1:30-1:00-1:00.

**ALL Wrestle-backs – 1:00-1:00-1:00. OT for All Divisions – 1-minute OT, 2 @ 30-second OT, Final 30-second Ultimate Tie Break.**

**GENERAL RULES:**

- Scholastic style. Headgear, singlet, mouth guards (with braces) required.
- **INDIVIDUAL WRESTLER ELIGIBILITY:** For Bantam, Midget, and Junior categories, eligibility by birth year as described on info form.
- JV and varsity-experienced wrestlers ARE allowed to compete if they meet the age requirements (8th grade and below)
- You **MUST** bring proof of grade and age to tournament!
- Trainer will be on-site throughout the competition

**AWARDS:**

- Adidas singlets by Outer Circle Sports
- Cradle Gear shorts by Cradle Gear
- Trophies by Hasty Awards
- Club Team Champion



**CONCESSIONS:** Food and drinks sold on premises

**CONTACT:** Frank Popolizio – Frank@journeymenwrestling.com or (518) 377-5309

**www.journeymenwrestling.com**

**YOU CAN BE A STAR:** Flowrestling covers the top wrestling events, big and small, in the country with wrestling and technique videos and interviews of athletes and coaches. Be prepared to bask in the spotlight as Flowrestling highlights participants and matches from the Mini-Men Nationals.

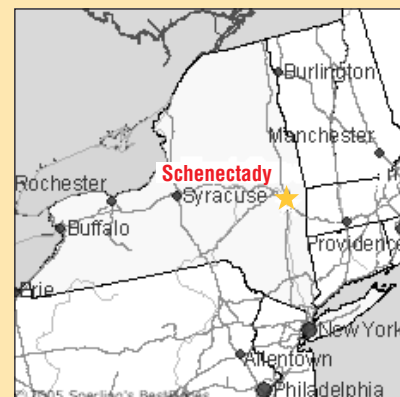
**FLO NATIONALS**

**Sponsors:**

Scales provided by Score Clocks, Inc.



Mats provided by Tiffin Mats, Inc.



**HOST HOTELS:**

We strongly advise using one of the host hotels. There is a national rowing competition in the area on the same weekend, making it difficult to find reasonable accommodations. Also, there are several hotels in the area, but we caution you to do your research or use our host hotels. Some of the hotels in close proximity to the arena simply do not measure up to our organization's standards.

- **Hampton Inn** \$109  
45 British American Blvd.  
Latham, NY (518) 782-7500
- **Quality Inn** \$90/\$109 Suite  
611 Troy-Schenectady Rd.  
Latham, NY (518) 785-5891
- **Holiday Inn**  
20 rooms each at \$119.95/\$129.95  
100 Nott Terrace  
Schenectady, NY (518) 393-4141
- **SUPER 8** \$75.00  
3083 Carman Rd.  
Schenectady, NY (518) 355-2190

**Mike Krause Alert!**



**Special "Weight-loss motivation" from youth coach extraordinaire, Mike Krause – 6-7:30 p.m. Friday, April 27 and Saturday April 28, 7:45 a.m. warm-up.**

 presents



# POP & FLO NATIONAL DUALS

“The Miracle on the Mat”

## Hosted at the Lake Placid Olympic Center/1980 Olympic Rink

Journeyman and Flowrestling join forces to create one of the top alliances in wrestling. This event has taken the wrestling world by surprise. It has immediately been identified as one of the premier national tournaments in the country. Hosted in one of the most historic buildings in athletics, the ambiance and picturesque Adirondack landscape will rock you to the core. Flowrestling will cover the event on their website (certain rounds live), while college coaches from around the country will be invited to come meet the best high school talent in the land.

## High School and Youth Duals: Saturday & Sunday, May 19 & 20, 2012

**Tentative Schedule** Wrestling on Saturday, May 19: 8:30 a.m.-8:30 p.m. and Sunday, May 20: 8 a.m.-3:30 p.m.

Website: <http://flonationals.org/> or <http://www.whiteface.com/plan/directions.php>

### Tournament Format

**High School:** Tournament is based on 32 teams on 8 mats, guaranteeing each squad a minimum of 5 duals, no matter what round they lose in the competition. All 32 teams will begin in the championship bracket. The 16 teams that lose in their first round will go into their own bracket for a separate tournament. The 8 teams that lose in the second round will do the same – creating their own tournament bracketing. When each team in their respective bracket has had two bouts, we will end up with four 8-team brackets and 32 teams will wrestle it out for their respective titles.

**Youth:** Round-robin wrestling with 6 teams. Everyone wrestles everyone. 5 matches guaranteed.

### Eligibility

#### A. High School

- Any high school teams, combined high school teams, or regional club teams (ex. Journeyman Wrestling from the greater Capital Region of NY State) are eligible. If you or your coaching staff haven't developed or physically trained an athlete on your potential roster, you're not in line with the philosophy of this event. **We do not want recruited athletes from around the country, or the state for that matter.**
- Athletes from 7th through 12th grade are eligible. 7th and 8th graders must be selective classified – competed at the JV or Varsity level scholastically in 2011-12. Graduating seniors are also allowed to participate.
- Only once entry fees are received will the committee consider your team as one of the 32 teams. If a team is not ultimately selected, their entry fee will be refunded immediately. An email will be sent to notify you of your status.
- Selected teams must stay at one of the host hotels. This is to ensure proper organization and thorough communication. Hotel details on reverse side.**

#### B. Youth

- 1st-grade through 8th-grade wrestlers are eligible. **JV and varsity experience is allowed in the youth segment as long as the contestant is in 8th grade or below!**
- Birth certificates must be available if requested by tournament directors.
- Selected teams must stay at one of the host hotels. This is to ensure proper organization and thorough communication. Hotel details on reverse side.**

### Prizes

A. Flo visit for the champions – there are no more secrets! Flowrestling will fly out to cover your club's practice to uncover why you're the toughest sons of guns in the land and broadcast it so the wrestling world can see!

B. Slick singlets for both youth and high school champ teams

prizes by



### Lineups - Rosters

Once you have been officially selected to be one of the teams in 2012, you'll need to complete your team roster online. You'll be issued a personal pin number and the actual web address that will allow you to change and adjust your lineup as much as you want as soon as you've been selected. You'll have time to adjust your lineups until 3 p.m. on Friday, May 18.

### Rules

- NFHS Rules
  - Must have mouth guards if you have braces, head gear optional.
- Folkstyle
- High School Bout Length: 2:00, 1:30, 1:30 periods
- Youth Bout Length: 1:30, 1:30, 1:30 periods
- College boundary rules in effect for high school division only
- Each team should consist of
  - **High School** 15 wrestlers, 4 alternates, 2 coaches and 1 table worker
  - **Youth** 16 wrestlers, 2 alternates, 2 coaches and 1 table worker
  - one timer or one scorer for each of their team's dual meets
  - Each wrestler and their parent must print and sign the attached waiver!
  - **NO CLUB JUMPING** (day of tournament)



sponsored by



## Seeding

Only the top 12 teams will be seeded in the high school division. All other teams will be randomly drawn. It is imperative that clubs indicate the most recent National, State or Sectional place finishing next to their name. Youth accolades need to be recognized, e.g., New England Champion in 7th grade... Youth or HS? Clubs will be separated based on this information to make two balanced brackets.

## Weigh Ins • High School

First in, first choice. The teams that pay first and have been officially selected to compete will have choice of weigh-in time. This is a dual-meet event; therefore, everyone shows up and weighs in as a team. If you can't make your team's weigh in, you'll be assigned to the 7 a.m. Saturday, May 19 weigh-in period.

- |  |   |  |
|--|---|--|
| i. Fri., May 18 – 6:20-6:35 p.m. (2 teams)   | vi. Fri., May 18 – 8:15-8:35 p.m. (3 teams)   | x. Fri., May 18 – 10:05-10:25 p.m. (3 teams)     |
| ii. Fri., May 18 – 6:35-7:00 p.m. (3 teams)  | vii. Fri., May 18 – 8:35-9:00 p.m. (3 teams)  | xi. Fri., May 18 – 10:25-10:45 p.m. (3 teams)    |
| iii. Fri., May 18 – 7:00-7:25 p.m. (3 teams) | viii. Fri., May 18 – 9:00-9:20 p.m. (3 teams) | xii. Sat., May 19 – 7:00-7:25 a.m. (individuals) |
| iv. Fri., May 18 – 7:25-7:50 p.m. (3 teams)  | <b>Weigh ins CLOSED 9:20-9:45 p.m</b>         |  |
| v. Fri., May 18 – 7:50-8:15 p.m. (3 teams)   | ix. Fri., May 18 – 9:45-10:05 p.m. (3 teams)  |  |

## Weight Classes – High School Duals

105, 113, 120, 125, 130, 135, 140, 145, 152, 160, 170, 182, 195, 220 and 285

## Weigh Ins • Youth

- i. Fri., May 18 – 5:30-5:45 p.m. (3 teams)
- ii. Fri., May 18 – 5:55-6:10 p.m. (3 teams)

**Weight Classes – Youth Duals** 48, 53, 58, 63, 68, 73, 78, 83, 88, 93, 100, 107, 115, 122, 130, HWT (145 max)

## Drive Time From

Albany, NY – 2 ¼ hours  
Bennington, VT – 3 hours  
Syracuse, NY - 3 ½ hours  
Concord, NH – 4 ½ hours  
Rochester, NY - 4 ½ hours  
Boston, MA - 5 hours  
Newark, NJ – 5 hours  
NYC, NY – 5 hours  
Buffalo, NY - 5 ½ hours  
Easton, PA – 5 ½ hours  
Wilkes Barre, PA – 5 ½ hours  
Lakewood, NJ – 6 hours  
Wilmington, DE – 6 ¾ hours

## Major Airports

The Lake Placid Region is within two hours' driving time of three major airports: Albany, NY; Burlington, VT; and Montreal, Quebec. All are serviced by major airline carriers and have car rentals available.

## Entry Fee

**Team entry fee is \$550.00**

made payable to:  
Pop & Flo Productions, LLC  
2220 Balltown Rd.  
Niskayuna, NY 12309

Entry fee includes

- Entry for High School - 18 wrestlers (15 starters, 3 reserves)
- Entry for Youth - 18 wrestlers (16 starters, 2 reserves)
- High School and Youth: 2 coaching passes
- High School and Youth: 1 table worker pass

- There is also an \$8 charge per athlete and coach for entry into the Olympic Center Grounds and Museum. This charge is not associated with the Pop & Flo National Duals. It is a mandatory charge from ORDA. This will be collected upon your arrival (separate check should be made out to ORDA or separate envelope with team's total fee in cash is acceptable.).

*Even though there is an additional charge from ORDA associated with this tournament, the overall pricing is comparative or cheaper than other national-level competitions. The price per participant should average under \$35.*

- Spectators/Parents: \$15 for day 1/\$10 for day 2

## Other Pertinent Information

Trainer will be on-site throughout the competition.

## Accommodations

Host Hotels: Discounted rates are reserved under Pop & Flo Wrestling

### Olympic Training Center

\$75 per person (includes 5 meals)  
196 Old Military Rd.  
Lake Placid, NY 12946  
(518) 377-5309

### Northwoods Inn – \$109 per night

2520 Main Street  
Lake Placid, NY 12946  
(518) 523-1818

### Comfort Inn – \$119 per night

2125 Saranac Avenue  
Lake Placid, NY 12946  
(518) 523-9555

### Golden Arrow – \$129 per night

2559 Main Street  
Lake Placid, NY 12946  
(518) 523-3353

## HOST YOUTH HOTELS

### Art Devlin's Olympic Motor Inn

\$108 standard/\$122 upscale per night  
\$8 per additional person up to four  
2764 Main Street  
Lake Placid, NY 12946  
(518) 523-3700

### Econo Lodge

5828 Cascade Road  
Lake Placid, NY 12946  
(518) 523-2817





**REGISTRATION**

ALL registrations must be RECEIVED BY Saturday, April 23, 2012, AND before the 700 wrestler cap has been reached!

- All contestants are to weigh in with singlets on
- Any suspect skin conditions should be accompanied by the NYSPHAA skin condition form, accessible on Journeymen Wrestling website.

**WAIVER:** Participation at the POP & FLO Mini-Men Nationals requires that all contestants complete and hand in the applicable waiver at check in.

**ONLINE REGISTRATION/PAYMENT:** is available at <http://journeymenwrestling.com/journeymen-store.html>

**SNAIL MAIL:**

- Fill out the form below and mail (do not mail waiver form), along with a MONEY ORDER ONLY to:  
Journeymen Wrestling, 101 Mohawk Ave., Scotia, NY 12302
- Money orders should be made out to *Pop & Flo Productions, LLC* • NO CHECKS. Checks that are received will be returned to sender.

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Birth Date \_\_\_\_\_ Grade in School \_\_\_\_\_

\*\*\*Please enter me in the \_\_\_\_\_ Age Division and \_\_\_\_\_ pound weight class\*\*\* (See reverse for age divisions/weight classes)

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Club/Team \_\_\_\_\_ email \_\_\_\_\_

ENTRY FEE: First entry @ \$45.00 = \$ \_\_\_\_\_

Additional Entries (Same Family) \_\_\_\_\_ @ \$40.00 = \$ \_\_\_\_\_

Total Registration Fees Enclosed (money order only) \$ \_\_\_\_\_

**Contact Information:**

Frank Popolizio (Journeymen Wrestling)  
518-377-5309 • Frankiepesce@hotmail.com

DETACH WAIVER AND HAND IN, SIGNED, AT CHECK IN

**PARTICIPANT'S WAIVER AND RELEASE FROM LIABILITY**

1. I, \_\_\_\_\_, the undersigned, on behalf of myself, my heirs and next of kin, personal representatives, agents, insurers, successors and assigns (all hereinafter "Releasors") hereby FOREVER RELEASE, DISCHARGE AND COVENANT NOT TO SUE Union College or Pop & Flo Productions, LLC, its insurers, its affiliated clubs, administrators, agents, directors, officers, state organizations, members, committees, volunteers, all employees of Union College/Pop & Flo Productions, LLC, and any and all participants, officials, referees, coaches, host clubs, sponsoring agencies, sponsors, advertisers, local organizing committees (and if applicable) owners, lessors and operators of premises used to conduct any Union College/Pop & Flo Productions, LLC sanctioned event, meet, practice or activity (all hereinafter "Releasees") from any and all liabilities, claims, demands, causes of action or losses of any kind or nature, past present or future, direct or consequential that I may hereinafter have for PERSONAL INJURY, PERMANENT, TEMPORARY, TOTAL OR PARTIAL DISABILITY, DISFIGUREMENT, PARALYSIS AND ANY OTHER LOSSES OR DAMAGES TO PERSON OR PROPERTY OR DEATH, arising out of my participation in, attendance at or traveling to and from any Union College/Pop & Flo Productions, LLC sanctioned event or activity including, but not limited to, LOSSES CAUSED BY THE PASSIVE OR ACTIVE NEGLIGENCE OF THE RELEASEES, or hidden, latent or obvious defects in the facilities or equipment used.
2. Releasor understands and acknowledges that Union College/Pop & Flo Productions, LLC activities and the sport of wrestling in general have inherent dangers that no amount of care, caution, training, instruction, supervision or expertise can eliminate. RELEASOR EXPRESSLY AND VOLUNTARILY ASSUMES ALL RISK OF PERSONAL INJURY, PERMANENT, TEMPORARY, TOTAL OR PARTIAL DISABILITY, DISFIGUREMENT, PARALYSIS AND ANY OTHER LOSSES OR DAMAGES TO PERSON OR PROPERTY OR DEATH, sustained while participating in, attending, preparing for or traveling to and from any Union College/Pop & Flo Productions, LLC sanctioned event, meet, practice or activity, including the risk of PASSIVE OR ACTIVE NEGLIGENCE OF THE RELEASEES, or hidden, latent or obvious defects in the facilities or equipment used.
3. Releasor acknowledges and fully understands that each participant in any Union College/Pop & Flo Productions, LLC sanctioned event, meet, practice or activity, including Releasor, will be engaging in activities that involve risk of serious injury, including permanent, temporary, total or partial disability, disfigurement, paralysis and any other losses to person or property, including death, and that severe social and economic losses may result not only from Releasor's own actions, inactions or negligence, but also from the actions, inactions or negligence of others notwithstanding the rules of play or the condition of the premises or of any equipment used. Further, Releasor acknowledges and fully understands that there may be other associated risks with such activities which are not known or not reasonably foreseeable at this time.

I ACKNOWLEDGE THAT I HAVE HAD SUFFICIENT OPPORTUNITY TO REVIEW THE PROVISIONS OF THIS DOCUMENT AND UNDERSTAND ITS PURPOSE, MEANING AND INTENT.

\_\_\_\_\_  
Participant's Name

\_\_\_\_\_  
Signature of Parent or Legal Guardian

\_\_\_\_\_  
Date

\_\_\_\_\_  
Print Name

\_\_\_\_\_  
Relationship to Minor