




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

Where the young guns come to settle their differences

**Saturday and Sunday, April 28 & 29, 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 and 8:30 a.m. on Sun., April 29**

**REGISTRATION and ENTRY FEES:**

- **Participant Entry Fee: \$45. Pre-Registration Only!**
- **Spectator Entry: \$5 per day, under 5 free**
- **Coaching Passes: \$25** (price includes two-day 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

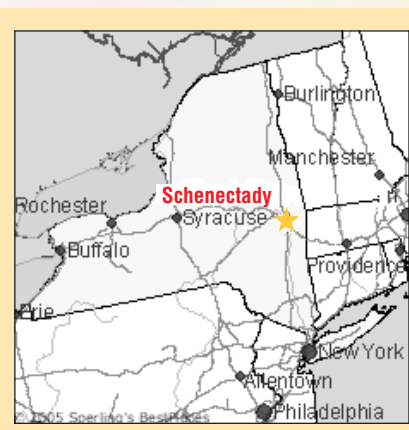
**CONTACT:** Frank Popolizio – Frank@journeymenwrestling.com or (518) 377-5309  
**www.journeymenwrestling.com**

**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.



**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.**



**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