

## Rutgers Wrestler John Poznanski - Head Clinician

### STATE CHAMP CAMP - 2025



2021 NCAA All American, 3x NCAA Qualifier, Big Ten Bronze Medalist, 2020 NJ State Champ, 2020 NJ Most Outstanding Wrestler Award Recipient, 2020 #1 Pound for Pound State Rankings, 2x Fargo All Amer., Super 32 Finalist, Beast of the East Champ

**Who is eligible: All 2025 Boys Scholastic Style State Placers (10U,12U,14U)**

**When: November 21-23**

**Where: Tri-State Training Center**

**Cost: \$250 per wrestler (USAWNJ will cover the remaining \$100 for each athlete)**

USAWNJ once again partners with [Tri-State Training Center \(TSTC\)](#) to offer New Jersey's finest wrestlers the opportunity to come together for a weekend of elite-level training at the **USAWNJ Regional Training Center** with Rutgers and New Jersey legend John Poznanski.

This camp will feature three days of intense, high-impact training. TSTC has accommodations for 75 of New Jersey's best wrestlers, available on a first-come basis. The facility will host six highly structured, two-hour practice sessions, two on Friday, three on Saturday, and one final session on Sunday morning before departure.

While on-site, athletes will be served gourmet meals prepared by TSTC's in-house chef (dinner Friday, three meals Saturday, and breakfast on Sunday), along with drinks and snacks throughout the weekend.

<https://tristatetrainingcenter.com/directions/>

We will also provide a packing list. In addition to training, athletes will have some downtime to relax by the pond, enjoy a campfire, watch TV, drill more, or just chat with Poz.

We look forward to hosting your supremely talented athletes at our inaugural **State Champ Camp!**

The first 75 wrestlers that meet the above criteria, fill out the waiver and send in the Zelle payment using the QR code above will be confirmed. Waivers to be sent to: [rpuerto@usawnj.net](mailto:rpuerto@usawnj.net). **Registration close Oct 20 or when sold out.**

[https://tristatetrainingcenter.com/wp-content/uploads/2021/03/Waiver\\_form\\_download.pdf](https://tristatetrainingcenter.com/wp-content/uploads/2021/03/Waiver_form_download.pdf)

**This is the first in an ongoing series of training opportunities that USAWNJ will provide for its loyal members. STAY TUNED FOR GIRLS STATE CHAMP CAMP COMING IN 2026!!!**