

## Camp Goal

The goal of this camp is to get the best instruction possible at an affordable price. The cost of attending camps at various colleges is becoming more and more expensive. By offering a day camp, we hope to give more wrestlers an opportunity to get the experience of going to camp.

## Questions

If you have questions, contact Billy Baker. Work phone is 828-256-9841 ext. 605, home phone is 828-256-2054. Email address is [billy\\_baker@catawbасchools.net](mailto:billy_baker@catawbасchools.net).

## Who May Attend?

K-12—We will divide wrestlers according to age and separate wrestlers to best accommodate their wrestling skills.

Cost—Grade based on 2021-22 school year.

K-5— \$85 or \$75 *if paid by June 1.*

6-12— \$95 or \$85 *if paid by June 1.*

\***Make checks payable to Saint Wrestling.**

## Registration

***Sign ins will be 8:00 a.m. on June 6.***

## Location

\*\*St. Stephens High School

**See Back Side for More Details**

## Camp Personnel

**Billy Baker** - Camp Director; Coach, St. Stephens HS

\*NC State Champ, 2X All-State

\*3 year starter at ASU, 70 career wins

\*2019 3A State Dual Champions

\*3X State Dual Runner-ups, 1X State Tournament Runner-ups

\*Conf Coach of the Year many times

\*NC Coach of the Year

**Mike Carey** - Head Coach, FT Foard HS

\*Conf Coach of the Year many times

\*NC Coach of the Year

\*2011, 2018, 2022 State Tournament Champions

\*2013, 2015, 2020, 2022 State Dual Champions

**Eddy Clark** - Head Coach, Newton-Conover HS

\*NC State Champ; HS All-American

\*4 year starter at ASU; SoCon Champ

\*2013, 2014, & 2016 State Dual Champions

\*Conf Coach of the Year many times

\*NC Coach of the Year

**Randall Diabe** - Assistant Coach,  
Appalachian State University

\*2X NCAA Qualifier

\***Ranked Top 20 in NCAA Senior Year**

**Jon Holloway** - Head Coach, Arndt MS

\*Former St. Stephens Wrestler

\*2X State Qualifier and All-State

**Matt Jones** - Assistant Coach, St. Stephens

\*Strength and Conditioning Coach

\*Former Wilkes Central Wrestler

**Paul Lane** - Head Coach, Newton-Conover MS

\*Former St. Stephens Wrestler

\*All-Conference

**Jon Jon Millner** - ASU Wrestler

\*NC High School State Champion

\*3X Sothern Conference Champion @ ASU

\***2X NCAA Division I All-American**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Grade: \_\_\_\_\_

Experience: \_\_\_\_\_

Parent/Guardian: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Work Phone: \_\_\_\_\_

I hereby consent for my son to participate in the 2022 St. Stephens Wrestling Camp. I do attest that my son, \_\_\_\_\_, is in good physical health and have no knowledge of any reason why he cannot participate in strenuous activities.  
By signing, I do hereby release St. Stephens HS, the staff, Saint Wrestling Club, and Catawba County Schools from any liability from participation during camp week.

Parent Signature: \_\_\_\_\_

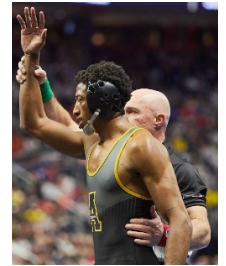
Date: \_\_\_\_\_

Learn from some of the best in North Carolina Wrestling!!

# 18th ANNUAL SAINT WRESTLING CAMP



Randall Diabe  
App State Asist.  
Coach



Jon Millner,  
App State  
2X All-American

A Division I All-American, a Division I coach,  
and 3 NC High School COY's all at one  
camp!.

## All-American Training

The focus of this camp will be a technique camp and a "training" camp. Emphasis will be placed on proper drilling, live wrestling, and training to be a CHAMPION!

# JUNE 6-9

*"The time will come when winter will ask, What did you do last summer?"*

\*Please understand that due to schedule conflicts, the coaching staff could change. However, we guarantee quality instruction every day!!

## Concessions

Snacks and drinks will be available at breaks.

## Monday - Thursday (schedule will vary w/each group)

8:00—8:15	Arrival
8:15—8:30	Warm-up
8:30—9:30	1st Drill/Technique Session
9:30—9:40	Break
9:40—10:45	2nd Drill/Technique Session
10:45—10:55	Break
10:55—12:00	3rd Drill/Live Wrestling

## What to Bring

- \*T'shirts (extra), shorts, wrestling shoes, headgear
- \*Money for snacks
- \*Positive attitude!! Be ready to learn and work hard!!

*Summer Wrestling=  
Winter Champion!!!*

Tear off this portion and mail to:

Billy Baker  
St. Stephens High School  
3205 34th St. Dr. NE  
Hickory, NC 28601