

Knights Wrestling/Fitness Camp Coaching Staff

Joe Baranik

Director

- Head Coach at St. Andrews
- Formerly assistant coach at the US Military Academy, Slippery Rock University, Old Dominion University, and the University of Virginia
- Started St. Andrews program in 2006



Reuben Daniels

- Former Assistant Coach at St. Andrews/The Citadel
- Wrestled 3 years at Edinboro University
- Wrestled 2 years at Appalachian State University
- Southern Conference Champion at Hwt in 2005
- Division I National Qualifier

Joel McCanna

- Wrestling Coach - Scotland High School, N.C.
- Coached numerous All-State wrestlers
- 5 conference team titles
- 1 regional team title

Steve Biedrycki

- 1st alternate on 1988 USA Greco-Roman Wrestling Team
- Throwing specialist

Matt Lynch

- Wrestling Coach - Gray's Creek High School, N.C.
- Coached 6 state champions
- Conference Coach of the Year
- USA Wrestling Bronze & Silver coaching certification

Terry Fike

- Women's Wrestling Coach at Lock Haven University
- High School All-American in Greco-Roman

Nick Kee

- Assistant Wrestling Coach at Scotland High School

St. Andrews Wrestlers will assist the camp coaches.

Special Guest

Gray Simons

- 2 - time Olympian

- Only 7-time national champion
- 4-time NAIA champion
- 3-time NCAA Div. I champion
- Only 6-time "OW"
- 4-time "OW" awards in NAIA
- 2-time "OW" awards in NCAA

Wrestling/Fitness Camp Schedule

Sunday

3 - 5 p.m.	Registration
5 p.m.	Supper
6:30 p.m.	Information Session
7 - 9 p.m.	Training/1st Dual Meet
11:00 p.m.	Lights Out

Monday - Wednesday

6:45 a.m.	Team Run
8 - 9 a.m.	Breakfast
9:20 - 11:30 a.m.	Training
12 p.m.	Lunch
2 - 4:30 p.m.	Training/Swimming
5 p.m.	Supper
7 - 9 p.m.	Knight Dual matches Swimming

Thursday

6:45 a.m.	Team Run
8 - 9 a.m.	Breakfast
9:20 a.m.	Matches
10:30 a.m.	Closing Ceremonies
11:30 a.m.	Check out

The Knights Wrestling/Fitness Camp will teach you wrestling the "Knight Way!" We will stress Fun - Fitness - Fundamentals plus advanced technique. We concentrate on all three positions in wrestling. In addition, we will work on conditioning, weight-training and discuss nutrition extensively.

- Weight training will take place in the new weight room at St. Andrews.
- We will have various training runs every morning.
- Swimming will be used for conditioning and recovery.

What to Bring

- Plenty of work out gear (shorts, T-shirts, wrestling shoes, head gear, running shoes, swim suit)
- Sheets
- Blanket
- Pillow
- Detergent (Laundry machines will be available)



Medical Care

The Waiver Statements and Physicians Acknowledgement must be completed and returned in order to participate in the Knights Wrestling/Fitness Camp. Every effort is made to ensure the health and safety of each wrestler. However, the Knights Wrestling/Fitness Camp assumes no responsibility for accidents or illness.

Contact Information

For further information, contact Coach Joe Baranik (910) 277-5012 or baranikj@sapc.edu

Knights Wrestling/Fitness Camp Registration Form

Sunday, June 19 - Thursday, June 23, 2011

Camp Selected

- Residential \$310 Extended Day \$275

Make checks payable to Knights Wrestling Camp and include this form with your payment to:

St. Andrews College
Athletics Department
Attn: Joe Baranik
1700 Dogwood Mile
Laurinburg, NC 28352

You must register by June 3, 2011. A \$150 nonrefundable deposit is due by June 3, 2011. A late fee of \$25 will be added after June 3, 2011.

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Email Address: _____

Home Phone: _____

Cell Phone _____

Age: _____ Grade (Fall 2011) _____ Weight _____

High School: _____

Parents Name: _____

Daytime Phone: _____

Emergency Phone: _____

T-shirt size: S M L XL XXL

* A concession will be set-up each evening to purchase pizza and snacks. Wrestling T-shirts will be available for purchase.

Please Read and Sign

I understand that the Wrestling/Fitness Camp 2011 fee to be paid is for the designated dates and covers instruction. The fee is non-refundable and must accompany this application. No deductions shall be allowed for late arrival or early departure, except that if the Camp should close prior to its scheduled closing date, a prorated refund will be paid.

Signature of Parent or Guardian

Waiver Statements:

All Knights Wrestling/Fitness Camp participants must have their own medical coverage. The camp provides additional coverage only after the camper's insurance policy has been utilized. Campers will not be allowed to participate in camp activities unless the following information is submitted and the form signed by the parents and/or guardian of the camper.

Campers Insurance Company

Company address and phone

pol. #

I/We the undersigned, hereby certify that I am/ we are the parent(s) or legal guardian(s) of the camper. I hereby grant permission to the Knights Wrestling/Fitness Camp staffers to seek and allow appropriate medical attention to be administered to my son or daughter in the event of accident, injury, or illness. I am responsible for all expenses pertaining to medical attention and treatment, except for expenses covered by the Knights Wrestling/Fitness Camp additional medical coverage policy.

Signed

Date

Physician Acknowledgment:

This certifies that the camper above is physically qualified to attend the Knights Wrestling/Fitness Camp.

Physician's Signature

Residential \$310.00

(Ages 12 -18)

Cost includes all activities and meals from Sunday at 5 p.m. to Thursday breakfast, and a camp T-shirt. A \$25 fee will be charged for lost room keys.

Extended Day Camp \$275.00

(Ages 8 - 18)

Cost includes all activities, dinner Sunday and lunch and dinner Monday through Thursday. Campers must check-in on Sunday. Campers report directly to the gym Monday through Thursday at 9 a.m. Pick up is at 9 p.m. Sunday through Wednesday and 11 a.m. Thursday.

Wrestling apparel and snacks will be available for purchase.

Children of St. Andrews employees receive a 10% discount on registration fees.

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Wrestling:

The Ultimate Fitness Sport

Contact Information

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Some of the top ranked wrestlers in North Carolina, New York, New Jersey, Pennsylvania, Ohio, Virginia, South Carolina and Georgia attended last year's camp. We welcome female wrestlers. Last summer we had the Scotland County Conference Champion Jessie Kee.



Sixth Annual Knights Wrestling/Fitness Camp at St. Andrews



Wrestle The Knight Way

June 19 - June 23, 2011

www.sapc.edu

St. Andrews College
Laurinburg, North Carolina