

# SPATOLA WINTER WRESTLING CAMP 2023



## Clinician: Nick Spatola

- 3X OHSAA State Placer
- NHSCA Pre Season National Champion
- Member of Ohio All Star Team
- Member of Schoolboy, Cadet, & Junior National Team
- Wrestled at Indiana University (2002-2006)
- Bachelor of Arts in Education

After 3 canceled camps, St. Mary's is proud to host again the Spatola Winter Camp for the fifth year! Coach Spatola is one of the most passionate and effective coaches in the world who owns his own wrestling gym in the United States. Coaching wrestling is Coach Spatola's full time job. This camp is designed to strengthen freestyle wrestling techniques and tactics to any wrestler looking to improve their skill set. Coach Spatola from the USA has developed a proven camp system and has helped numerous wrestlers of all ages and backgrounds. NCAA champion & World Champion, Logan Stieber, and All-American, Hunter Stieber, and World bronze medalist, Mason Paris, are just few of the notable wrestlers to come out of his camps. He has also worked with top level college coaches and international wrestlers including Kyle Snyder, World & Olympic Champion. His unique style focuses not only on technique but teaching youths how to be an all-around athlete on and off the mats. He will cover the importance of education, nutrition, flexibility, strength & conditioning, and how to be mentally tough when it counts. The goal for this camp is to teach wrestlers the tools it takes to become a championship wrestler. Coach Spatola has been involved with wrestling for over 30 years and is committed to helping wrestlers reach and exceed their goals. The camp has seen participants change tremendously in just a short period of time.

Find out more about Spatola Wrestling at <http://spatolawrestling.com/>



## Camp Information

- Dates :** December 19, 20, 21 and 22, 2023
- Location:** St. Mary's International School, Multi-Purpose Hall (South Campus B1)
- Price:** 25,000 yen per wrestler (20,000 yen for registration and payments before Dec. 1)  
(Excluding the online store transaction fee)
- Schedule:** 8:30 – report (MPH)  
9:00 - 11:30 - morning workout  
11:30 - 13:00 – lunch (bring your own)  
13:00 - 15:30 - afternoon workout
- Requirements:** Campers must bring plenty of workout clothes for the day, at least 2 towels for showers, wrestling shoes, headgears (optional), lunch, water bottle, and any medication if needed. Blankets, pillows, sleeping bags, can also be used to rest/take a nap during the lunch break. The camp is for middle and high school students. All campers will go home after the day. Participants who are not middle or high school students, but wish to participate, please contact Coach Yabui.
- Registration:** All registration & payment due by December 15 | Non-refundable  
See steps for registration & payment below
- Contact:** Coach Yabui (St. Mary's coach) at [yabuis@smis.ac.jp](mailto:yabuis@smis.ac.jp)

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### Registration Steps:

1. Complete the registration form from [THIS LINK](http://www.titanswrestling.org/forms/) (form also available on <http://www.titanswrestling.org/forms/> )
2. Make the payment by Dec. 1 for early registration discount and Dec. 15 for all others by buying a ticket on <https://titanswrestling.stores.jp/> (when purchasing, please write the wrestler's name as the buyer's name and enter his/her home address to be only used for emergencies)