

8th Annual

Presented By:

Winter Break Training Camps



BENEFITS OF A TRAINING CAMP:

- *Limited number of wrestlers allowed to attend (more attention)
- *Taught a proven system that will work at all levels of wrestling
- *Constantly drilled over moves shown so you LEARN them
- *Live situations to practice moves taught

Camp Dates:

Camp 1: Takedown Training Camp (Wed, Dec. 26th)

Camp 2: Escapes & Reversals Camp (Thur, Dec. 27th)

Camp 3: Tilts & Turns Camp (Friday, Dec. 28th)

Location: Martensdale St. Mary's HS Wrestling Room

Cost: \$35 per camp (can pay online as well!)
(Checks payable to: High Altitude Wrestling Club)

Register: Online (at www.highaltitudewrestling.com), mail in form or call it in.

Please note: due to camps filling up fast, your spot is not guaranteed until I receive your camp form and payment

Grades: K-12th (Limited to 40 wrestlers!)

Schedule For Camp: 9:00am-12:00

Outline: Technique, drilling, LIVE (situations & wrestling) Merchandise will be available for purchase!

Please Check Box For Each Camp Attending:

Takedown Camp (Dec. 26th) Escapes & Reversals Camp (Dec. 27th) Tilts & Turns Camp (Dec. 28th)

Name: _____ Address: _____

City: _____ Zip: _____ Phone: _____

Email Address: _____ Grade: _____ Weight: _____

I certify my child has been cleared by a physician and hereby give my permission for any and all activities involved in the wrestling training camp. I further waive any legal action against High Altitude Wrestling Club, Chad Tunink, Brandon Jones, Cody Swim, Robert Walker, David Walker, Martensdale St. Mary's Community School District, Martensdale St. Mary's High School, and its employees for injuries my child may incur.

Parent's Signature: _____

Date: _____

MAIL BOTTOM HALF TO:

High Altitude Wrestling Club
601 SE 13th Street
Grimes, IA 50111

CONTACT INFO: Chad Tunink 515-986-1184 (h) 641-757-1287 (c) chad@highaltitudewrestling.com

Facebook: www.facebook.com/highaltitudewrestling

For More Information On My Club, Camps and/or Merchandise: www.highaltitudewrestling.com