

# 12<sup>th</sup> Annual HIGH ALTITUDE WRESTLING CAMPS At WESLEY WOODS

## 2017 WRESTLING CAMP DATES:

June 9-13	5 Day Intensive Camp
June 16-18	Father/Son Camp
July 7-10	Takedown Wrestling Camp
July 14-17	Top/Bottom Wrestling Camp
July 28-30	CHAMP Camp
August 5-8	Youth Intensive Camp

*\*Please Note: All camps have limited spots available*

## WHERE:

Wesley Woods Camp & Retreat Center  
10896 Nixon Street  
Indianola, Iowa 50125

## SHORT HISTORY OF CAMP:

The summer of 2017 will bring some change to our camp location! After 11 years at the Springbrook Education Center I was informed they will be closing! All our camps will now switch to Wesley Woods Camp & Retreat Center in Indianola, IA. The camp has come a long way from when it first started in 2006 with 15 wrestlers. The second year (2007) we had over 70 wrestlers attend resulting in three full camps. A Father/Son, 5 Day Intensive Camp and 4<sup>th</sup> Technique Camp were added in 2008 to support the growing numbers and interest. In 2009, I added a Youth Intensive Camp for youth wrestlers wanting to move to the next level and it had been a huge success. The youth intensive camp has carried a waiting list every single year since it started! In 2011, I adjusted our camps and turned the technique camp into a Takedown camp and also added a Top/Bottom camp. In 2016 a TEAM Camp was added! We have had wrestlers from 17 states attend: Arizona, Colorado, Florida, Georgia, Illinois, Iowa, Louisiana, Michigan, Minnesota, Missouri, Nebraska, New Jersey, New Mexico, New York, North Dakota, South Dakota and Wisconsin.

## WHY IS THIS CAMP DIFFERENT?:

Low numbers allowed in (more attention), high level technique taught (not just random moves), constantly drilled over techniques taught so you learn it, tough training partners, fun activities, air conditioned dorms, and all camps held at the beautiful Wesley Woods Camp & Retreat Center! Your son will get quality partners. Numerous state (qualifiers, placers & champions), All Americans, & National Champions attend each camp!

## GRADES:

- 5 Day Intensive Camp (7<sup>th</sup> – 12<sup>th</sup> grade)
- Father/Son Camp (we have had pre K – 6<sup>th</sup> grade)
- Takedown & Top/Bottom Camp (2<sup>nd</sup> – 12<sup>th</sup> grade)
- CHAMP Camp – (5<sup>th</sup> – 12<sup>th</sup> grade) \*Under 5<sup>th</sup> needs approval\*
- Youth Intensive Camp (3<sup>rd</sup> – 8<sup>th</sup> grade) \*Under 3<sup>rd</sup> grade needs approval\*

## COST:

- \$495 for 5 day Intensive Camp
- \$495 for Father/Son Camp (\$225 each additional sibling)
- \$395 per camp for Takedown, Top/Bottom, & Youth Intensive
- \$295 for CHAMP Camp!

## REGISTER & PAY (By Mail or Online):

Mail flyer and \$250 deposit by May 1<sup>st</sup> (5 Day Intensive & Father/Son) \*Remaining balance due by June 1<sup>st</sup>\*

Mail flyer and \$200 deposit by June 1<sup>st</sup> (Takedown, Top/Bottom, TEAM Camp and Youth Intensive) \*Remaining balance due by July 1<sup>st</sup>\*

*\*Deposit is non-refundable – only camp credit! (if not placed in camp deposit will be refunded! \*Can also register and pay on my website using PAYPAL\**

## CAMP AGENDA:

**5 Day Intensive:** This camp is like no other intensive camp out there. Most intensive camps beat you up but don't TEACH you how to actually train for the sport of wrestling. When you leave this camp you will have an understanding of HOW to train to be the BEST! There are 4 workouts a day: morning run/exercises, technique, hard drilling and live. You will also go through "Wacky Wednesday!" Will you survive?

**Father/Son:** Fathers will get to wrestle along with their sons and learn this great sport. Any activity your son does you will do!

**Takedown Training Camp:** This camp focuses on takedowns, short offense/defense, bad positions, scrambling and other things. Athletes will go through three very structured practices per day (including drilling, hard drilling and LIVE!) and get a feel for each move taught. Your son will get hands on attention and learn the moves taught.

**Top/Bottom Training Camp:** This camp will focus on learning how to turn/pin people and being able to escape from anyone. There will be three very structured practices a day including drilling, hard drilling and LIVE! When you leave camp you will be able to turn and escape from anyone!

**CHAMP Camp:** Wrestlers will be taught a proven system that will help them reach their goal of being a CHAMP (state champ, national champ, etc). Wrestlers will hit tons of reps at this camp and also put into live situations from the moves they learned! We will also correct mistakes that we see in live wrestling! This will be a fast pace camp so experience is very important! I guarantee when your child leaves this camp he will have improved a TON!

**Youth Intensive Camp:** This camp is designed for the youth wrestler who wants to move to the next level. There will be four workouts a day: a morning run/exercise, technique, hard drilling and live! The youth camp will also go through "Wacky Wednesday!" Will you survive?

## CAMP ACTIVITIES:

We will be adjusting camp activities this year as we are at a new facility. We will continue to do fun activities such as bowling, swimming, etc

**Contact Info:** Chad Tunink 515-986-1184 (h) 641-757-1287 (c) chad@highaltitudewrestling.com **Site:** [www.highaltitudewrestling.com](http://www.highaltitudewrestling.com)

**Like Us:** [facebook.com/highaltitudewrestling](https://www.facebook.com/highaltitudewrestling) **Follow us:** [twitter.com/HAWrestling](https://twitter.com/HAWrestling) **Instagram:** [high\\_altitude\\_wrestling](https://www.instagram.com/high_altitude_wrestling) **Nutrition:** [www.4foreverfit.com](http://www.4foreverfit.com)

# REGISTRATION FORM:

## 2017 High Altitude Wrestling Camps @ Wesley Woods Camp & Retreat Center

Wrestler's Name: \_\_\_\_\_

Parent(s) Names: \_\_\_\_\_

Address: \_\_\_\_\_  
Street Address City State Zip

Age: \_\_\_\_\_ Grade (Next year): \_\_\_\_\_ Weight: \_\_\_\_\_ Birth date: \_\_\_\_\_

Home/Cell #: \_\_\_\_\_ Emergency #: \_\_\_\_\_

Wrestling Accomplishments: \_\_\_\_\_

Email Address: \_\_\_\_\_ *\*Please add [chad@highaltitudewrestling.com](mailto:chad@highaltitudewrestling.com)\**

*\*You will receive an email including a camp schedule, etc 2-3 weeks before the start date of the camp\**

### PLEASE CIRCLE CAMPS YOU WANT TO ATTEND:

5 Day Intensive (June 9-13)      Father/Son Camp (June 16-18)      Takedown Camp (July 7-10)

Top/Bottom (July 14-17)      CHAMP Camp (July 28-30)      Youth Intensive (Aug. 5-8)

### T-SHIRT SIZE: (circle one) FATHER/SON (circle two)

YM    YL    AS    AM    AL    AXL    AXXL

Medical Company: \_\_\_\_\_ Policy # \_\_\_\_\_

In consideration of the acceptance of this application for registration, I, intending to be legally bound, hereby for myself, my heirs, executors, and administrators, waive and release any and all rights and claims for damages I may have against High Altitude Wrestling Club, High Altitude Wrestling Camps, Chad Tunink, Brady Kyner, David Walker, Robert Walker, Cody Swim, Evan Hansen, Dusten Reed, Zach Johnston, Wesley Woods Camp & Retreat Center, or its representative and/or assignees for any and all damages which may be sustained and suffered by me in connection with my association with or entry in this camp, and which may arise out of my traveling to, participating in, or returning home from this camp. My son/daughter has been examined by a physician in the last year and is in good health. I hereby authorize the High Altitude Wrestling Camp Staff and High Altitude Wrestling Club to act for me, according to its best judgment in any medical emergency, and I hereby waive and release High Altitude Wrestling Club, High Altitude Wrestling Camp, Chad Tunink, Brady Kyner, David Walker, Robert Walker, Cody Swim, Evan Hansen, Dusten Reed, Zach Johnston, Wesley Woods Camp & Retreat Center from any liability for injuries or illness incurred by my son/daughter while attending camp. All information I have provided on this application is true and correct. By signing below I am also giving permission to post my son(s) picture and/or info on future camp flyers, High Altitude Wrestling's Social Media (Facebook, Twitter, Instagram, etc) and High Altitude Wrestling's website.

Participants Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent(s)/Guardians Signature: \_\_\_\_\_ Date: \_\_\_\_\_

### MAKE CHECKS PAYABLE TO: High Altitude Wrestling Club

Mail flyer and \$250 deposit by May 1<sup>st</sup> (5 Day Intensive & Father/Son) *\*Remaining balance due by June 1<sup>st</sup>\**

Mail flyer and \$200 deposit by June 1<sup>st</sup> (Takedown, Top/Bottom, & Youth Intensive) *\*Remaining balance due by July 1<sup>st</sup>\**

Mail flyer and \$200 deposit by July 1<sup>st</sup> for CHAMP Camp *\*Remaining balance due by July 20<sup>th</sup>!*

*\*Deposit is non-refundable – only camp credit! (if not placed in camp deposit will be refunded! \*Can also register and pay on my website using PAYPAL\**

### CONTACT INFO:

Chad Tunink  
515-986-1184 (home) 641-757-1287 (cell)

Email: [chad@highaltitudewrestling.com](mailto:chad@highaltitudewrestling.com)

Website: [www.highaltitudewrestling.com](http://www.highaltitudewrestling.com)

Facebook: [www.facebook.com/highaltitudewrestling](http://www.facebook.com/highaltitudewrestling)

Twitter: [www.twitter.com/HAWrestling](http://www.twitter.com/HAWrestling)

Instagram: [high\\_altitude\\_wrestling](https://www.instagram.com/high_altitude_wrestling)

Nutrition: [www.4foreverfit.com](http://www.4foreverfit.com)

### FILL OUT & RETURN TO:

High Altitude Wrestling Club  
601 SE 13<sup>th</sup> Street  
Grimes, IA 50111