

# High Altitude Wrestling Camp



## Featuring: Chad Tunink

Head Coach of High Altitude Wrestling Club  
Division III All-American  
3 x Academic All-American  
Iowa High School State Place Winner

As I have continued to grow in this sport as an athlete and coach I soon realized teams/clubs that win have a "system". I have spent numerous years studying the sport and came up with a system that will allow your athletes to win at all levels! I do not teach millions of move, I teach high level technique that will work on the top 5% (the ones you should be training for!). You will get hands on attention at my camp and "LEARN" the moves/positions taught. You will learn exactly what is taught to my club members!

**Dates:** June 27<sup>th</sup> & 28<sup>th</sup>

**Location:** De Pere High School  
1700 Chicago Street, De Pere, WI 54115

**Cost:** \$80 (Includes FREE T-Shirt!)  
(*Checks payable to: High Altitude Wrestling Club*)

**Grades:** 6<sup>th</sup> – 12<sup>th</sup> grade (anyone under needs approval!)

### **Camp Schedule:**

**Session 1:** 8:00-9:30 (technique)  
**Break:** 9:30-9:45  
**Session 2:** 9:45-11:15 (technique)  
**Break:** 11:15-11:30  
**Session 3:** 11:30-1:00 (technique, review, live)

**Register:** By June 15<sup>th</sup> \*Must be pre-registered to get a free t-shirt!\*  
\*Walk ins accepted but can't guarantee a t-shirt!\*

**Merchandise:** HAWC gear will be available for purchase!

\*Cut at line and mail by Monday, June 15<sup>th</sup> to guarantee a FREE T-shirt!\*

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### **De Pere High School Wrestling Camp – June 27<sup>th</sup>-28<sup>th</sup>**

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 camp. I further waive any legal action against High Altitude Wrestling Club, Chad Tunink, De Pere Community School District, and its employees for injuries my child may incur.

Parent's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**T shirt size (circle one) YM YL AS AM AL AXL AXXL**

### **MAIL BOTTOM HALF TO:**

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

**QUESTIONS:** Chad Tunink 515-986-1184 (h) 641-757-1287 (c) [chad@highaltitudewrestling.com](mailto:chad@highaltitudewrestling.com)

**Facebook:** facebook.com/highaltitudewrestling **Twitter:** twitter.com/HAWrestling **Instagram:** high\_altitude\_wrestling

**For More Information On My Club, Camps and/or Merchandise:** [www.highaltitudewrestling.com](http://www.highaltitudewrestling.com)