

High Altitude

“Pre-Season & Thanksgiving Break”

Wrestling Clinics



WHY ATTEND? Come and learn at a camp where there are limited numbers of wrestlers allowed in (more attention), taught a PROVEN system that will work at all levels of wrestling, constantly drills over moves shown so you LEARN them and live situations to practice the moves taught! **2018 HAWC Results:** Iowa HS State Tournament Results: 37 State Qualifiers, 24 State Medalists, 7 State Finalists, & 3 State Champions!
Youth Wrestling Results: 51 State Medalists, 17 State Finalists, & 11 State Champions!

Dates: Sept. 29, Oct 13th, Nov 3rd, Nov 10th & Nov 23rd!

Location: Sept 29 & Oct 13th: Martensdale St Marys HS,
 Nov 3rd: Waukee HS, Nov 10th: I-35 HS, Nov 23rd: Simpson College

Cost: \$40 per wrestler per camp
(Checks payable to: High Altitude Wrestling Club)

Grades: K – 12th grade

Camp Schedule: 9am – Noon

Register: Mail in form or do online!

Merchandise: HAWC gear will be available for purchase!

Please Circle Camp(s) Attending:

Sept 29th
 Martensdale St Marys HS

Oct 13th
 Martensdale St Marys HS

Nov 3rd
 Waukee HS

Nov 10th
 I-35 HS (Truro)

Nov 23rd
 Simpson College

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, Martensdale St Marys Community School District, Waukee Community School District, I-35 (Truro) Community School District, Simpson College 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

QUESTIONS: Chad Tunink 641-757-1287 (c) chad@highaltitudewrestling.com

Like Us: facebook.com/highaltitudewrestling **Follow us:** twitter.com/HAWrestling **Instagram:** high_altitude_wrestling **Nutrition:** www.4foreverfit.com

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