

14th Annual HIGH ALTITUDE WRESTLING CAMPS At WESLEY WOODS

2019 WRESTLING CAMP DATES:

June 28-July 1 Takedown Wrestling Camp
July 12-15 Top/Bottom Wrestling Camp
July 27-30 CHAMP Camp
August 3-6 Youth Intensive Camp *Up to 12th grade*

WHERE

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

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

SHORT HISTORY OF CAMP:

This is our 14th year of running summer camps and 3rd year at Wesley Woods Camp and Retreat Center! The camp has come a long way from when it first started at Springbrook State Park in 2006 with 15 wrestlers. We have had wrestlers from 18 states attend: Arizona, California, 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 (30-40 wrestlers per camp), more attention with 1 counselor per 8-10 wrestlers, taught a proven system of high-level technique, constantly drilled over techniques taught so you learn them, live wrestling, air-conditioned facilities, fun activities such as: wiffle ball, canoeing, swimming, archery, rock wall climbing, and bowling! Your son will become a better wrestler at these camps...GUARANTEED!

GRADES:

- Takedown Camp (2nd – 12th grade)
- Top/Bottom Camp (2nd – 12th grade)
- CHAMP Camp – (2nd – 12th grade)
- Youth Intensive Camp (3rd – 12th grade) *Under 3rd grade needs approval*

COST:

\$395 for Takedown Camp
\$395 for Top/Bottom Camp
\$395 for CHAMP Camp
\$395 for Youth Intensive Camp

REGISTER & PAY (By Mail or Online):

Mail flyer and \$200 deposit by May 1st (Takedown, Top/Bottom, CHAMP Camp and Youth Intensive) *Remaining balance due by June 1st*
Deposit is non-refundable – only camp credit! (if not placed in camp deposit will be refunded! *Can also register and pay online through my website!

CAMP AGENDA:

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” (whether it be a State Champ, National Champ, etc). Wrestlers will hit tons of reps at this camp and also be 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 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! This intensive camp will also go through “Wacky Wednesday!” Will you survive?

FUN ACTIVITIES:

We do a variety of activities: swimming in a pond, fishing, wiffle ball, bowling, movies at night, rock wall, archery, canoeing, etc

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