

Thanks for your interest in our High Altitude Wrestling Summer Camps at Wesley Woods Camp & Retreat Center in Indianola, Iowa! We have been hosting our summer wrestling camps since 2006. Below is some information about registration, pick up, what to bring, etc. If you have any questions after reading this info please contact me! Thanks!

Address for Wesley Woods Camp and Retreat Center:

10896 Nixon St, Indianola, IA 50125

Website for facility: <http://www.wesleywoodsia.org/>

We will be in the gymnasium, please enter through the door by the pool. If door is locked we are still setting up

Please Note: It is easier if you come in on Hwy 92 through Indianola. If coming from the west into Indianola there will be a green sign before you get into Indianola that says Wesley Woods (take a right there) and follow down a few miles until you see another sign for Wesley Woods (take a left and follow into Wesley Woods). The road will say dead end but Wesley Woods is at the end of it. If coming from the east same thing just follow the signs but opposite direction! Those using GPS etc sometimes it takes you to the back of Wesley Woods and you do not want to go there!

Hotel Info For Parents:

Parents are not allowed to stay or watch practices at camp (this is a drop off and pick up camp). Most just drop off their athlete, listen to the rules then return home. Some want to stay in the town if driving from a distance. There are some hotels in Indianola, Knoxville and Des Moines. Just have to find one that fits your needs!

Registration Time & Check-Out:

Registration on First Day of Camp: On the first day our registration will be between 9:45-10:15am. Please do not come into the gymnasium until we open the doors as we are setting up! No one will be registered before 9:45am! Our first practice usually starts around 11:00am so please make sure you are on time for check in! If we happen to get the camp set up earlier we will open the doors and start getting kids signed in!

9:45-10:15 Registration: Wrestlers arrive and get checked in (*Please do not come in Gym before 9:45am*)

10:15 Rules: We will go over rules and expectations of the camp

10:25-10:45 Gear Store Open: The store will be open before, during and after camp to purchase gear.

Practices: No one is allowed in the wrestling room to watch practices! These are drop off and pick up camps!

Check Out On Last Day: You can pick up your child between 10:30-11:00am on last day! Parents please wait in the lobby and do not come into the wrestling room on the last day until we open the door! Your wrestler will be checked out by one of my staff members (they are each in charge of a specific number of kids).

What To Bring To Camp:

Must Have: KNEE PADS (we do a ton of drilling), MANY pair of workout clothes (for Takedown, Top/Bottom and Champ we will have 10-11 practices and Youth Intensive we will have 14-16 practices), wrestling gear, pre-wrap, athletic tape, band-aids (for cuts, etc), swim suit and beach towel (for swimming, canoeing/kayaking), regular towels for showering, sheet and blankets for twin size mattress, pillow, deodorant, bathroom items (shampoo, soap, etc), extension cord, notebook and pens to write down moves learned!

Optional Items To Bring: Bug repellent, sunscreen, spending money, etc. They provide us with fishing poles but if you want to bring in your own that is fine. It is best to not bring any other items such as balls, footballs, etc!

Activities Planned:

There will not be much free time at this camp! If there is there is a activity center that has some old school board games, ping pong, pool, etc We will also have many activities set up for the boys such as swimming in a pond, rock wall climbing, canoeing, fishing, bowling and wiffle ball. I will also do goal setting each night where I teach the guys how to set goals and work toward achieving them. The more I can keep the boys busy the less they will get home sick and/or in trouble!

Meals

There will be 3 meals a day provided. I would bring some snacks and drinks with you. At night, we will have different activities planned; movies, bowling, etc. All this is included in the camp fee. The only thing they would need money for is video games at Bowling alley or any snacks if we go to movie theatre. **Please Note:** We do make pizza runs at night so it would be a good idea to send money with your son if they want to get in on it. With our last practice being late most kids are hungry for pizza! Most of the times its easier to send them with some \$5 bills!

Sleeping:

We will be sleeping in the 50x100 foot air-conditioned gymnasium that also hosts our mats and shower facility. I will provide everyone with a twin-size air mattress. Please bring your own sheets, blanket, pillow etc for the mattress. I would also bring an extension cord to plug in their phones, etc with. It does get cold at night so you might want to pack a few blankets. Also, if there is a friend or buddy you want to sleep next to please let me know at camp so I can make sure your mattresses are next to each other. Our camp staff also stays in gymnasium with the wrestlers each night!

Camp Rules/Expectations:

No one is allowed to leave camp once they arrive! Get all distractions taken care of ahead of time before you send them to camp so when they come to camp they are ready to wrestle. No one is allowed to leave Wesley Woods Camp and Retreat Center, sneak out or bring people back to the site. Your son is at camp to learn to wrestle and if any of these rules are broken you will be called to come and pick them up immediately!

Emergency Situations:

In case of serious injury or emergency we will contact you and EMS! In case of minor injuries, we will transport the athlete to the hospital/clinic (we will contact you first). We must have a signed release waiver for your son to receive medical treatment (the medical release is on the application you signed online or mailed in). If it is just normal bumps and bruises, we will handle them with my med kit I have in the wrestling room. If your son is injured and can't practice I encourage him to take notes on what is being taught. No trainer is on-hand at camp. I will have my cell phone with me at all times if you need to call me (641-757-1287).

Other Dorms:

Wrestlers are NOT allowed to walk into other dorms or buildings without permission! If this rule is broken they will be sent home IMMEDIATELY!

Calling Home:

Cell phones will work in some areas, but not in all. We don't get good reception in the gymnasium where we practice but we get better outside. If your son doesn't have a phone he can borrow one from someone at camp! There is NO WIFI at camp!

Balance and Wesley Woods Waivers Due:

All balances need to be paid by July 1st! I need from each camper: a camp application (registration form) filled out and a Wesley Woods Liability Waiver (The Wesley Woods Waiver is on our website for you to download and fill out) and send with your son to camp! Your son HAS to have this waiver filled out or they can't do any of the activities!

Camp Store:

The Camp Store will be open before, during and after camp to buy gear!

Questions about Camp and Contact Information:

If after reading the above information you still have questions (or anytime you do) just call me or email me at chad@highaltitudewrestling.com. Please do not call my home phone during the camp call me on my cellphone!!

Chad Tunink

641-757-1287 (cell)

Email: chad@highaltitudewrestling.com

I am looking forward to our camp and working with your son. Sincerely, Chad Tunink