

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

NEW Commuter Option: We will be offering a commuter option for grades 1-3 as some don't want to spend the night away from home. The cost is still the same as they will be doing all the same activities and meals. They will need to be picked up after last session each night and dropped back off before first session next day!

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

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

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

REGISTRATION FORM:

2019 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**
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:

Takedown Camp (June 28-July1) Top/Bottom (July 12-15) CHAMP Camp (July 27-30) Youth Intensive (Aug. 3-6)
Communting: Yes or No (mainly for grades 1-3 who have trouble spending night away from home. Price is the same!)

T-SHIRT SIZE: (circle one):

YM YL AS AM AL AXL AXXL

Medical Company: _____ Policy # _____

Please List Any Medical Conditions We Need To Know About: _____

I fully understand that the High Altitude Wrestling Club staff members are not physicians or medical practitioners of any kind. With the above in mind, I hereby release the High Altitude Wrestling Club staff to render temporary first aid to my child or children in the event of any injury or illness, and if deemed necessary by the High Altitude Wrestling Club staff to call our doctor and to seek medical help, including transportation by a High Altitude Wrestling Club staff member and / or its representatives, whether paid or volunteer, to any health care facility or hospital, or the calling of an ambulance for said child should the High Altitude Wrestling Club staff deem this to be necessary. In consideration of your acceptance of this entry, I intend to be legally bound hereby for myself, my heirs, executors and administrators waive and release HIGH ALTITUDE WRESTLING CLUB, THEIR AGENTS, REPRESENTATIVES, COACHES, VOLUNTEERS, FROM ANY AND ALL CLAIMS OR RIGHTS TO DAMAGE FOR INJURIES, ILLNESSES, SKIN INFECTIONS, OR LOSSES SUFFERED BY ME DIRECTLY OR INDIRECTLY IN TRAINING OR TRAVELING TO OR FROM OR COMPETING IN, OR ATTENDING the training camp. 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 \$200 deposit by May 1st for Takedown (**remaining balance due by June 1st**),

Mail flyer and \$200 deposit by June 1st for Top/Bottom, CHAMP & Youth Intensive (**remaining balance due by July 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!

CONTACT INFO:

Chad Tunink
515-986-1184 (home) 641-757-1287 (cell)
Email: chad@highaltitudewrestling.com
Website: www.highaltitudewrestling.com
Facebook: www.facebook.com/highaltitudewrestling
Nutrition: www.4foreverfit.com

FILL OUT & RETURN TO:

High Altitude Wrestling Club
601 SE 13th Street
Grimes, IA 50111

Twitter: www.twitter.com/HAWrestling

Instagram: [high_altitude_wrestling](https://www.instagram.com/high_altitude_wrestling)