

2nd Annual
**Thanksgiving Break
Wrestling Clinic**



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! **2019 HAWC Results:** Iowa HS State Tournament Results: 39 State Qualifiers, 21 State Medalists, 9 State Finalists, & 2 State Champions! **Youth Wrestling Results:** 44 State Medalists, 17 State Finalists, & 8 State Champions!

Camp Date: Friday, Nov 29th

Location: Martensdale St Marys Wrestling Room
390 Burlington Ave, Martensdale, IA

Cost: \$45 per wrestler per camp
(Checks payable to: High Altitude Wrestling Club)

Grades: K – 12th grade

Camp Schedule: 1:30-4:30pm

Register: Mail in form or do online!

Merchandise: HAWC gear will be available for purchase!

**Please note: Your spot in camp is not guaranteed until I receive your camp form and full payment! NO REFUNDS...only camp credit!*

Please Note: Drive to back of school (north side) and enter through blue doors. No Filming! No parents on mat during camps!

Thanksgiving Break Wrestling Clinic at Martensdale St Marys High School (Nov. 29th): 1:30-4:30pm

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 Schools 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

Facebook: [highaltitudewrestling](https://www.facebook.com/highaltitudewrestling) **Twitter:** [HAWrestling](https://twitter.com/HAWrestling) **Instagram:** [high_altitude_wrestling](https://www.instagram.com/high_altitude_wrestling) **Nutrition:** www.4foreverfit.com

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