



# 15<sup>th</sup> Annual HIGH ALTITUDE WRESTLING CAMPS At HIDDEN ACRES

## 2020 WRESTLING CAMP DATES:

July 19-22: Top/Bottom Camp  
July 22-25: "CHAMP" Camp  
July 26-29: Youth Intensive Camp \*Up to 12<sup>th</sup> grade\*

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

## WHERE

Hidden Acres  
3837 Union Ave  
Dayton, Iowa 50530

## SHORT HISTORY OF CAMP:

This is our 15<sup>th</sup> year of running summer camps and 1<sup>st</sup> year at Hidden Acres! 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, and fun activities to do between sessions! Your son/daughter will become a better wrestler at these camps...GUARANTEED!

## GRADES:

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

## COST:

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

**Commuter Option:** There will be NO commuter option this year due to COVID 19! Everyone will have to spend the night at the camp!

## REGISTER & PAY (By Mail or Online):

Mail flyer and \$200 deposit by June 1<sup>st</sup> for camps - *remaining balance due by July 1<sup>st</sup>*

*\*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:

**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 they 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?

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

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

# REGISTRATION FORM:

## 2020 High Altitude Wrestling Camps @ Hidden Acres

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](mailto: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:

Top/Bottom (July 19-22)

CHAMP Camp (July 22-25)

Youth Intensive (July 26-29)

### 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

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*\*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

641-757-1287 (cell)

Email: [chad@highaltitudewrestling.com](mailto:chad@highaltitudewrestling.com)

Website: [www.highaltitudewrestling.com](http://www.highaltitudewrestling.com)

Facebook: [www.facebook.com/highaltitudewrestling](http://www.facebook.com/highaltitudewrestling)

Nutrition: [www.4foreverfit.com](http://www.4foreverfit.com)

### FILL OUT & RETURN TO:

High Altitude Wrestling Club

601 SE 13<sup>th</sup> Street

Grimes, IA 50111

Twitter: [www.twitter.com/HAWrestling](http://www.twitter.com/HAWrestling)

Instagram: [high\\_altitude\\_wrestling](https://www.instagram.com/high_altitude_wrestling)