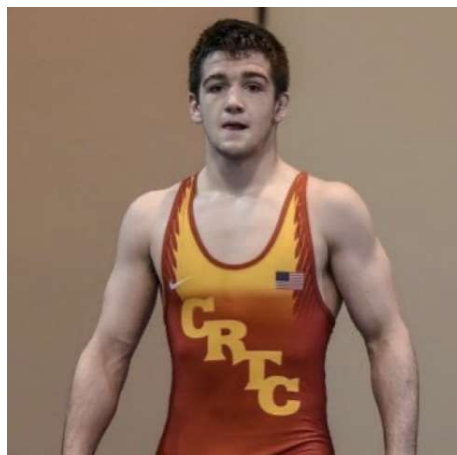


High Altitude Wrestling “Freestyle” Clinic



Camp Counselor: Ben Monroe

3 x Iowa High School State Finalist
4 x Iowa High School State Place Winner
2 x Fargo Qualifier
Team Iowa National Member
Current Iowa State Wrestler

Clinic Date: Saturday, April 1st

Clinic Schedule: 9:00-12:00pm

Location: 5548 NW 2nd St, Unit 105
Des Moines, IA 50313

Grades: 1st -12th (Limited to 50 wrestlers!) *walk ins welcome if not full – please check before walking in*

Cost: \$50 – No Refunds (only camp credit)

Register: Online through our website to guarantee a spot

Outline: technique followed by LIVE situations

High Altitude Wrestling merchandise will be available for purchase

Parents: We have a waiting room with TV, complimentary water/popcorn and WIFI if you want to stay during camp!

High Altitude Wrestling Freestyle Clinic – April 1st

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 training camp. I further waive any legal action against High Altitude Wrestling Club, Chad Tunink, High Altitude Wrestling Camp Staff, 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, Iowa 50111

CONTACT INFO: Chad Tunink 515-986-1184 (h) 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