

19th Annual Winter Break Training Camps

Presented By:



High Altitude Wrestling Club has been having Winter Break Training Camps since 2005! This winter will be our 19th year running Winter Break Training Camps. These camps are a great way to work on fixing any errors, learning new technique, getting a jump start for the second half of the wrestling season and preparing for the USA State Tournament.

Camp Dates:

Dec 23rd: "CHAMP" Camp (takedowns, top, & bottom)

Dec 26th: Takedown Training Camp

Dec 27th: Tilts & Turns Camp

Dec 28th: Escapes & Reversals

Dec 29th: Slidebys & Secondary Offense Camp

Dec 30th: Beginners Only

Dec 31st: Girls Only

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

Cost: \$50 per camp \$35 for Beginners Only Camp!
(No Refunds – Only Camp Credit!)

Register: Online through website or mail form!

Grades: K-12th (Limited to 50 kids per camp)

HAWC Merchandise will be available for purchase!

Schedule: Dec 23rd, 26th, 27th, 28th: 9-Noon or 1:30-4:30 (pick one) Dec 29th & 31st: 9am-Noon Dec 30th (Beginners): 9am-11am

**Please note: Your spot in camp is not guaranteed until I receive your camp form and full payment!*

Please Note: We have a waiting room for parents or there are plenty of restaurants/businesses close by. No one is allowed in room during camps!

Please Circle Camp(s) and Time(s) Attending:

CHAMP Camp (Dec 23rd):
9am-Noon or 1:30-4:30

Takedown (Dec. 26th)
9am-Noon or 1:30-4:30

Tilts/Turns (Dec. 27th)
9am-Noon or 1:30-4:30

Escapes/Reversals (Dec 28th)
9am-Noon or 1:30-4:30

Slidebys & Secondary Offense (Dec 29th): 9am-Noon

Beginners Camp (Dec 30th): 9am-11am

GIRLS (Dec 31st): 9am-Noon

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, High Altitude Wrestling Facility, 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

CONTACT INFO: Chad Tunink 641-757-1287 (c) chad@highaltitudewrestling.com

Facebook: [highaltitudewrestling](https://www.facebook.com/highaltitudewrestling) **Twitter:** 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

COVID 19 Waiver and Release Form: (mail in with above camp flyer)

Assumption of Risk, Release and Waiver of Claims,

I, the registered wrestler, am a wrestler and participant at High Altitude Wrestling Club operating Club/Clinics/Camps ("HAWC"). I understand that the nation is in the midst of the COVID-19 pandemic, which presents certain unusual health risks that are highly publicized, including fatal illness. I voluntarily chose to participate in a wrestling academy/clinic/camp sponsored and organized by HAWC. In consideration for my participation therein, I, on behalf of myself, my personal representatives, heirs, and assigns, hereby:

1. Acknowledge, understand, and agree that there are certain inherent risks and dangers associated with my participation in wrestling and High Altitude Wrestling Club/Camp/Clinics, including but not limited to the risk of contracting COVID-19, I knowingly and voluntarily accept and assume full responsibility for each of these risks and dangers, as well as all other risks and dangers that could arise out of or occur during my participation in or association with HAWC.
2. Acknowledge, understand, and agree that at all times that I am participating at HAWC I will use my best efforts to comply with any and all instructions provided by HAWC with respect to maintaining my health and safety, including following CDC Guidelines (e.g., washing hands often, use of hand sanitizer, proper social distancing where possible, wearing appropriate personal protective equipment, covering mouth when coughing or sneezing, and staying home if not feeling well). Additionally, I agree to self-quarantine for 14 days upon arrival back home following my HAWC camp.
3. Acknowledge that, in the event a wrestler, including the undersigned wrestler, must leave due to illness, including COVID-19, that the remaining wrestlers, including the undersigned wrestler may continue to participate at HAWC at their own risk. Further acknowledge that HAWC cannot, and will not, cease its business activities including High Altitude Wrestling Club/Camps/Clinics, each time a wrestler appears to be ill.
4. Acknowledge that HAWC is not a healthcare provider and diagnose or treat illnesses. Consequently, HAWC will not diagnose or treat illnesses at their Club/Camps/Clinics.
5. RELEASE, WAIVE, AND FOREVER DISCHARGE HAWC (and its respective owners, members, agents, employees, servants, officers, directors, successors, assigns and affiliates) ("Releasees") from any and all claims, demands, actions, or causes of action I, or anyone on my behalf, may hereafter have against Releasees for loss or damage of any kind (including personal injury, illness, disability, and/or death) which occurs because I contracted COVID-19 while participating with or around, or any of the events and activities associated therewith, whether caused by Releasees' own negligence or otherwise.

I expressly agree that this Assumption of Risk, Release and Waiver of Claims is intended to be as broad and inclusive as is permitted by the law of the State of Iowa or any other state's laws under which this Agreement may be construed and that if any portion of this Agreement is held to be invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

I HAVE READ, UNDERSTAND, AND VOLUNTARILY SIGN THIS ASSUMPTION OF RISK, RELEASE AND WAIVER OF CLAIMS. (Parent and Athlete Agreement)

Full Name (please print) _____

Signature _____

If under 18:

Signature of Parent or Guardian _____

Date _____