

21st 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 21st 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 upcoming tournaments!

Camp Dates:

Dec 20th: "CHAMP" Camp (takedowns, top, & bottom)

Dec 21st: Takedown Training Camp (#1)

Dec 22nd: Escapes/Reversals Camp

Dec 23rd: Tilts & Turns Camp

Dec 26th: Takedown Training Camp (#2)

Dec 27th: Beginner Camp (9am-11am)

Dec 28th: Leg Riding Camp

Dec 29th: Slidebys & Secondary Offense Camp

Dec 30th: Girls Only Camp!

Dec 31st: Front Headlock Camp (offense/defense)

January 1st: "CHAMP" Competition Camp *NEW*

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

Cost: \$40 for Beginners Clinic -- \$55 for other clinics
(No Refunds – Only Camp Credit!)

Register: Online through website or mail form!

HAWC Merchandise will be available for purchase!

Schedule: All camps 9am-Noon (Beginners is 9am-11am)!

Grades: K-12th (Limited to 50 kids per camp) – camps are open to boys and girls of all abilities!

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 (Dec 20)
9am-Noon

Takedowns #1 (Dec 21)
9am-Noon

Escapes/Reversals (Dec 22)
9am-Noon

Tilts/Turns (Dec 23)
9am-Noon

Takedowns #2 (Dec 26)
9am-Noon

Beginners (Dec 27):
9am-11am

Leg Riding (Dec 28):
9am-Noon

Slidebys (Dec 29):
9am-Noon

GIRLS (Dec 30):
9am-Noon

Front Headlock (Dec 31):
9am-Noon

CHAMP Competition Camp (Jan 1st) – 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