



21st Annual HIGH ALTITUDE WRESTLING CAMPS At WESLEY WOODS

2026 WRESTLING CAMP DATES:

June 23-26: Girls Only Camp
June 26-29: Takedown Wrestling Camp
June 29-July 2: Top/Bottom Wrestling Camp
July 28-31: "CHAMP" Camp
July 31-August 3: "CHAMP" Camp 2.0

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

WHERE

Wesley Woods Camp & Retreat Center
10896 Nixon Street
Indianola, Iowa 50125

SHORT HISTORY OF CAMP:

This is our 21st year of running summer camps and 10th year at Wesley Woods Camp and Retreat Center! 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 23 states attend: Alabama, Arizona, California, Colorado, Florida, Georgia, Illinois, Iowa, Kansas, Louisiana, Michigan, Minnesota, Missouri, Nebraska, New Jersey, New Mexico, New York, North Carolina, North Dakota, Ohio, South Dakota, Texas and Wisconsin.

WHY IS THIS CAMP DIFFERENT?

Low numbers allowed in (44 wrestlers maximum 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, fun activities such as: swimming in a pond, fishing, wiffle ball, rock wall, archery, etc. Your son/daughter will become a better wrestler at these camps...GUARANTEED!

GRADES: 2nd-12th grade (*under 2nd needs approval*)

COST: \$425 for camps

Commuter Option: We offer a commuter option for grades 1-3 as some don't want to spend the night away from home (if older and want to commute please contact me). The cost is still the same as they will be doing all the same activities and meals. They will need to be picked up after last session each night and dropped back off before first session next day! There is NO commuter option for the "CHAMP" Camp 2.0!

REGISTER & PAY (By Mail or Online):

\$225 deposit due by May 1st (remaining balance by June 1st) for Girls, Takedown & Top/Bottom

\$225 deposit due by June 1st (remaining by July 1st) for CHAMP & CHAMP 2.0 **Deposit is non-refundable – only camp credit!**

CAMP AGENDA:

Girls Only Camp: This camp will cover all 3 positions (feet, top and bottom). Athletes will be taught a proven system of technique through our organized practices consisting of drilling, hard drilling and LIVE wrestling. Wrestlers will get a lot of quality reps in during this camp!

Takedown Training Camp: This camp focuses on takedowns, short offense/defense, bad positions, scrambling and other things. Athletes will go through three very structured practices per day (including drilling, hard drilling and LIVE!) and get a feel for each move taught. Your son will get hands on attention and learn the moves taught.

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, he will have improved a TON!

CHAMP Camp 2.0: This camp is set up very similar to our popular CHAMP Camp but this will also include a morning workout (might be a run or wrestling practice) and sometimes an extra night workout (might be a run or wrestling practice). So, there will be four workouts a day and sometimes five! This camp will really improve your wrestler!

Contact Info: Chad Tunink

641-757-1287 (c)

chad@highaltitudewrestling.com

Site: www.highaltitudewrestling.com

Like Us: facebook.com/highaltitudewrestling

Follow us: twitter.com/HAWrestling

Instagram: [high_altitude_wrestling](https://www.instagram.com/high_altitude_wrestling)

Nutrition: www.4foreverfit.com

REGISTRATION FORM:

2026 High Altitude Wrestling Camps @ Wesley Woods Camp & Retreat Center

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**

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:

Girls (June 23-26) Takedown (June 26-29) Top/Bottom (June 29-July 2) CHAMP Camp (July 28-31) CHAMP 2.0 (July 31-Aug 3)

Commuting: Yes or No (you can commute for all camps except CHAMP Camp 2.0)

T-SHIRT SIZE: (circle one): YS 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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CONTACT INFO:

Chad Tunink

641-757-1287 (cell)

Email: chad@highaltitudewrestling.com

Website: www.highaltitudewrestling.com

Facebook: www.facebook.com/highaltitudewrestling

FILL OUT & RETURN TO:

High Altitude Wrestling Club

601 SE 13th Street

Grimes, IA 50111

Twitter: www.twitter.com/HAWrestling

Instagram: [high_altitude_wrestling](https://www.instagram.com/high_altitude_wrestling)