



# 21<sup>st</sup> 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 21<sup>st</sup> year of running summer camps and 10<sup>th</sup> 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:** 2<sup>nd</sup>-12<sup>th</sup> grade (*under 2<sup>nd</sup> 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 1<sup>st</sup> (remaining balance by June 1<sup>st</sup>) for Girls, Takedown & Top/Bottom

\$225 deposit due by June 1<sup>st</sup> (remaining by July 1<sup>st</sup>) 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](mailto:chad@highaltitudewrestling.com)    **Site:** [www.highaltitudewrestling.com](http://www.highaltitudewrestling.com)

**Like Us:** [facebook.com/highaltitudewrestling](https://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](https://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: \_\_\_\_\_

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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:**

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

#### **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](https://www.facebook.com/highaltitudewrestling)

#### **FILL OUT & RETURN TO:**

High Altitude Wrestling Club  
601 SE 13<sup>th</sup> Street  
Grimes, IA 50111  
Twitter: [www.twitter.com/HAWrestling](https://www.twitter.com/HAWrestling)   Instagram: [high\\_altitude\\_wrestling](https://www.instagram.com/high_altitude_wrestling)