

High Altitude Wrestling Freestyle Clinic!

Clinic Date: Saturday, April 18th

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

Clinic Schedule: 9:00-12:00pm

Grades: 2nd-12th grade (boys and girls of all abilities)

Cost: \$55 – No Refunds (only camp credit)

Register: Online through our website

Outline: Focus will be on takedowns transitioning to turns, par terre offense/defense and live situational wrestling

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!
No one is allowed in the room during the clinic!

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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)

For More Information On My Club, Camps and/or Merchandise: www.highaltitudewrestling.com