

9th Annual

THANKSGIVING Break Training Camp



Camp Date: Friday, November 27th

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

Schedule For Camp: 1:30-4:30pm

Cost: \$55 (pay online, cash or check to HAWC)

Grades: K-12th (open to boys and girls of all abilities)

Register: Online (at www.highaltitudewrestling.com)
or mail bottom half in with payment

Outline: Technique, drilling, LIVE (situations & wrestling)

High Altitude Wrestling Club Merchandise will be available for purchase!

**Please note: Your spot in the camp is not guaranteed until I receive your camp form and full payment! NO REFUNDS...only camp credit!*

Please Note: We have a waiting room for parents who want to stick around or there are plenty of restaurants & businesses close by!

THANKSGIVING BREAK Training Camp (November 27th)

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 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