22nd Annual

Winter Break Training Camps

"If You Want To Be A STATE CHAMP, This Is The CAMP!"

Presented By:

HIGH ALTITUDE EST. 2005 Wrestling Club "Where Champions Are Built!"

High Altitude Wrestling Club has been having Winter Break Training Camps since 2005! This winter will be our 22nd 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 26th: "CHAMP" Camp (takedowns, top, & bottom)
Dec 28th: Takedown Training Camp
Dec 29th: Escapes/Reversals Camp
Dec 30th: Tilts & Turns Camp

Cost: $55 for "CHAMP" and $50 for others (no refunds)

Register: Online through website or mail form!

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

Camp Locations:
Dec 26th (8:30-11:30am) & Dec 28th, 29 and 30th (1-3:30pm) – SCC Athletic Complex, 1000 Tonawanda St. Rockwell City, IA 50570
Dec 26th (2-5pm) & Dec 28th, 29th and 30th (8:00-10:30am) - 600 SW 7th St, Des Moines, IA 50309 (drive around back to enter)

Please note: Your spot in camp is not guaranteed until I receive your camp form and full payment!

Please Note: Parents are allowed to watch camp if room but are not allowed to film or get involved with sideline coaching!

Please Circle Camp(s) and Time(s) Attending:

CHAMP (Dec 26)	Takedowns (Dec 28)	Escapes/Reversals (Dec 29)	Tilts/Turns (Dec 30)
8:30-11:30am or 2-5pm	8:00-10:30am or 1-3:30pm	8:00-10:30am or 1-3:30pm	8:00-10:30am or 1-3:30pm

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, SCC Middle School 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 **Twitter:** HAWrestling **Instagram:** high_altitude_wrestling

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