



Presented By:



2010 CAMP DATES:

June 7-11	5 Day Intensive Camp	<i>*Limited to 22 to 26 wrestlers</i>
June 11-13	Father/Son Camp	<i>*Limited to 18 fathers and sons</i>
July 20-23	Technique Camp	<i>*Limited to 24 to 28 wrestlers</i>
July 31-Aug 3	Youth Intensive 1	<i>*Limited to 24 to 28 wrestlers</i>
August 7-10	Youth Intensive 2	<i>*Limited to 24 to 28 wrestlers</i>

WHERE:

Springbrook State Park
2437 160th Road
Guthrie Center, IA 50115

http://www.iowadnr.com/parks/state_park_list/springbrook.html

SHORT HISTORY OF CAMP:

This is our 5th Annual camp at Springbrook State Park. The camp has come a long way from when it first started in 2006 (15 wrestlers). The second year 2007 we had over 70 wrestlers attend resulting in three full camps. A Father/Son, 5 Day Intensive Camp and 4th Technique Camp were added in 2008 to support the growing numbers and interest. In 2009, I added a Youth Intensive Camp for youth wrestlers wanting to move to the next level and it was a huge success. Every year these camps grow and kids love them. Last year we had wrestlers from 7 states attend camp.

GRADES:

- 3rd-12th for Technique Camp **Under 3rd needs approval**
- Prefer younger wrestlers for Father/Son Camp
- Intensive Camp (7th-12th grade) Youth Intensive (3rd – 8th)

COST:

- \$475 for 5 day Intensive Camp
- \$495 for Father/Son Camp (\$225 each additional sibling)
- \$375 per week for Technique and Youth Intensive Camp

TRAINING PARTNERS:

You son will get quality training partners. We have numerous state qualifiers, state place winners, state champions, All Americans, and National Champions attend each camp!

REGISTER:

- Mail flyer and \$250 deposit by May 1st (Intensive & Father/Son) **Remaining balance due by June 1st**
- Mail flyer and \$200 deposit by June 1st (Technique/Youth Intensive) **Remaining balance due by July 1st**
- *Deposit is non-refundable (if not placed in camp deposit will be refunded!)*
- **Can also pay on my website using PAYPAL****

CAMP AGENDA:

Technique: Most of this camp focuses on takedowns and scoring from bad positions. Whether we want to be there or not the truth is we end up there and need to learn to score from there. Some top and bottom is covered. 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.

Intensive: This camp is like no other intensive camp out there. Most intensive camps beat you up but don't TEACH you how to actually train for the sport of wrestling. When you leave this camp you will have an understanding of HOW to train to be the BEST! There are 4 workouts a day: morning run/exercises, technique, hard drilling and live. You will also go through "Wacky Wednesday!" Will you survive?

Father/Son: Fathers will get to wrestle along with their sons and learn this great sport. Any activity your son does you will do!!

Youth Intensive Camp: This camp is designed for the youth wrestler who wants to move to the next level. There will be four workouts a day: a morning run/exercise, technique, hard drilling and live! The youth camp will also go through "Wacky Wednesday!" Will you survive?

ACTIVITIES:

The DNR will be leading us in: canoeing/kayaking, archery, gun safety/shooting, team building, hiking, and other activities. There will also be time set aside for swimming at the lake, wiffle ball, fishing, going in town for ice cream, and bowling. **All camps do the same activities!**

Contact Info: Chad Tunink 515-986-1184 (h) 641-757-1287 (c) chad@highaltitudewrestling.com

You will receive an email including a camp schedule, etc 2-3 weeks before the start date of the camp

REGISTRATION FORM:

2010 "Tunink Trained" Wrestling Camp @ Springbrook State Park

Wrestler's Name: _____

Parent(s) Names: _____

Address: _____
Street Address City State Zip

Age: _____ Grade (Next year): _____ Weight: _____ Birth date: _____

Home #: _____ Emergency #: _____

Wrestling Accomplishments: _____

Email Address: _____ **Please add chad@highaltitudewrestling.com**

You will be receiving an email with camp agenda, etc about 2-3 weeks before camp starts!

PLEASE CIRCLE ONE: (technique and youth intensive camps list first and second choices):

5 Day Intensive Camp (June 7-11) Father/Son Camp (June 11-13)

Technique Camp (July 20-23) Youth Intensive 1 (July 31-Aug3) Youth Intensive 2 (Aug 7-10)

T-SHIRT SIZE: (circle one) FATHER/SON (circle two)

YM YL AS AM AL AXL AXXL

Medical Company: _____ Policy # _____

In consideration of the acceptance of this application for registration, I, intending to be legally bound, hereby for myself, my heirs, executors, and administrators, waive and release any and all rights and claims for damages I may have against High Altitude Wrestling Club, Tunink Trained Wrestling Camps, Chad Tunink, Chad Benschhoof, Zach Mulder, David Walker, Robert Walker, Travis Taylor, Springbrook State Park, or its representative and/or assignees for any and all damages which may be sustained and suffered by me in connection with my association with or entry in this camp, and which may arise out of my traveling to, participating in, or returning home from this camp. My son/daughter has been examined by a physician in the last year and is in good health. I hereby authorize the Tunink Trained Wrestling Camp Staff and High Altitude Wrestling Club to act for me, according to its best judgment in any medical emergency, and I hereby waive and release High Altitude Wrestling Club, Tunink Trained Wrestling Camp, Chad Tunink, Chad Benschhoof, Zach Mulder, David Walker, Robert Walker, Travis Taylor, from any liability for injuries or illness incurred by my son/daughter while attending camp. All information I have provided on this application is true and correct. By signing below I am also giving permission to post my son(s) picture and/or info on future camp flyers and High Altitude Wrestling's website.

Participants Signature: _____ Date: _____

Parent(s)/Guardians Signature: _____ Date: _____

MAKE CHECKS PAYABLE TO: High Altitude Wrestling Club

Mail flyer and \$250 deposit by May 1st (Intensive & Father/Son) **Remaining balance due by June 1st**

Mail flyer and \$200 deposit by June 1st (Technique and Youth Intensive Camp) **Remaining balance due by July 1st**

Deposit is non-refundable (if not placed in camp deposit will be refunded! *There are no refunds if you leave camp early!

****Can also pay on my website using PAYPAL***

CONTACT INFO:

Chad Tunink
515-986-1184 (home) 641-757-1287 (cell)
Email: chad@highaltitudewrestling.com
Website: www.highaltitudewrestling.com

FILL OUT & RETURN TO:

High Altitude Wrestling Club
601 SE 13th Street
Grimes, IA 50111