

7th Annual

Presented By:

Winter Break Training Camps



BENEFITS OF A TRAINING CAMP:

- *Limited number of wrestlers allowed to attend (more attention)
- *Taught a proven system that will work at all levels of wrestling
 - *Constantly drilled over moves shown so you LEARN them
 - *Live situations to practice moves taught

Camp Dates:

Camp 1: Takedown Training Camp (Tues, Dec. 27th)

Camp 1: 9:00-Noon (**FULL**) Camp 2: 1:30-4:30pm

Camp 2: Escapes & Reversals Camp (Wed, Dec. 28th)

Camp 3: Tilts & Turns Camp (Thurs, Dec. 29th)

Location: Martensdale St. Mary's HS Wrestling Room

Cost: \$35 per camp

(Checks payable to: High Altitude Wrestling Club)

Register: Pre-register by phone, email or mail form!

Grades: K-12th (Limited to 40 wrestlers!)

Schedule For Camps: 9:00am-12:00

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

Please note: Due to high demand we are offering a 2nd Takedown Camp from 1:30-4:30pm on Tuesday, December 27th!!

Merchandise will be available for purchase!

Please Check Box For Each Camp Attending:

- Takedown Camp (Dec. 27th) Escapes & Reversals Camp (Dec. 28th) Tilts & Turns Camp (Dec. 29th)

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, Trevor Gehringer, Martensdale St. Mary's Community School District, Martensdale St. Mary's High 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 515-986-1184 (h) 641-757-1287 (c) chad@highaltitudewrestling.com

Facebook: www.facebook.com/highaltitudewrestling

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