

HIGH ALTITUDE

*Intensive
Father/Son
Technique*

WRESTLING CAMPS

At Springbrook State Park

2012 WRESTLING CAMP DATES:

June 9-13	5 Day Intensive Camp	
June 23-25	Father/Son Camp	
July 20-23	Takedown Wrestling Camp	
July 28-31	Top/Bottom Wrestling Camp	
August 4-7	Youth Intensive Camp #1	
August 8-11	Youth Intensive Camp #2	<i>*Please Note: All camps have limited spots available</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:

The summer of 2012 will be our 7th Annual camp at Springbrook State Park. The camp has come a long way from when it first started in 2006 with 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 had been a huge success. The youth intensive camp has carried a waiting list every single year since it started! In 2011 I adjusted our camps and turned the technique camp into a Takedown camp and also added a Top/Bottom camp. Every year these camps grow and kids love them. We have had wrestlers from Iowa, Illinois, Missouri, Nebraska, South Dakota, Minnesota and Wisconsin attend!

WHY IS THIS CAMP DIFFERENT?:

Low numbers allowed in (more attention), high level technique taught (not just random moves), constantly drilled over techniques taught so they learn it, tough training partners, fun activities, air conditioned dorms, and all camps held at the beautiful Springbrook State Park Education Center!

GRADES:

- 3rd-12th for Technique Camps **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 Takedown, Top/Bottom & Youth Intensive Camp

TRAINING PARTNERS:

You son will get quality partners. Numerous state (qualifiers, placers & champions), All Americans, & National Champions attend each camp!

REGISTER & PAY (By Mail or Online):

Mail flyer and \$250 deposit by May 1st (5 Day Intensive & Father/Son) **Remaining balance due by June 1st**

Mail flyer and \$200 deposit by June 1st (Takedown, Top/Bottom, and Youth Intensive 1 & 2) **Remaining balance due by July 1st**

Deposit is non-refundable (if not placed in camp deposit will be refunded! **Can also register and pay on my website using PAYPAL*****

CAMP AGENDA:

Takedown Training Camp: 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. 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.

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

5 Day 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?

Top/Bottom Training Camp: This camp will focus on learning how to turn/pin people and being able to escape from anyone. There will be three very structured practices a day including drilling, hard drilling and LIVE! When you leave camp you will be able to turn and escape from anyone!

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?

CAMP 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

Like Us On Facebook: www.facebook.com/highaltitudewrestling

Website: www.highaltitudewrestling.com

REGISTRATION FORM:

2012 High Altitude Wrestling Camps @ 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 receive an email including a camp schedule, etc 2-3 weeks before the start date of the camp

PLEASE CIRCLE CAMPS YOU WANT TO ATTEND:

5 Day Intensive (June 9-13) Father/Son Camp (June 23-25) Takedown Camp (July 20-23)

Top/Bottom (July 28-31) Youth Intensive #1 (August 4-7) Youth Intensive #2 (August 8-11)

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

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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, High Altitude Wrestling Camps, Chad Tunink, Chad Benschopf, David Walker, Robert Walker, Shay Taylor, Cody Swim, 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 High Altitude 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, High Altitude Wrestling Camp, Chad Tunink, Chad Benschopf, David Walker, Robert Walker, Shay Taylor, Cody Swim, Springbrook State Park 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 (5 Day Intensive & Father/Son) **Remaining balance due by June 1st**

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Chad Tunink
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Email: chad@highaltitudewrestling.com
Website: www.highaltitudewrestling.com
Facebook: www.facebook.com/highaltitudewrestling

FILL OUT & RETURN TO:

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