

High Altitude Wrestling Summer Camp Information List:

Address for Wesley Woods Camp and Retreat Center:

10896 Nixon St, Indianola, IA 50125 *We will be in the gymnasium*

Website for facility: <http://www.wesleywoodsia.org/>

Registration Time & Check-Out Time:

I will send an email a few weeks before each camp with information on specific check in/check out times and a sample schedule! Please do not come into the wrestling room (gymnasium) before it is check in or check out time! We will open the doors when everything is ready. **PRACTICES:** No one is allowed in the wrestling room to watch practices.

Hotel Info For Parents:

Parents are NOT allowed at camps (unless it's the Father/Son/Daughter Camp). These are drop off and pick up camps! Most just drop off their athlete, listen to the rules then return home. Some want to stay in the town if driving from a distance. There are some hotels in Indianola, Knoxville and Des Moines. Just have to find one that fits your needs!

Be In Shape & Hydrated (5 Day Intensive Camp)

Due to the high demand put on the wrestlers mentally & physically please come in shape. We will have 4 training sessions per day (one running/lifting, two technique sessions and one live wrestling). Get some distance running, sprint work, hill work and drilling in before camp. The better shape you are in the least likely you will get injured. A couple years ago we had a wrestler come to camp dehydrated and it wasn't a good situation. ***Please come in shape and HYDRATED!!!***

What To Bring To Camp:

Must Have: KNEE PADS (we do a ton of drilling), MANY pair of workout clothes (we have around 10 practices for most camps, 14-15 practices for Youth Intensive and around 18 practices for the 5 Day Intensive Camp), wrestling gear, pre-wrap, athletic tape, band-aids (for cuts, etc), swim suit and beach towel (for swimming, canoeing/kayaking), regular towels for showering, sheet and blankets for twin size mattress, pillow, deodorant and running shoes (couple pair if you have them as they might get muddy), extension cord, notebook to write moves down and pens.

Examples of other things you could bring: Bug repellent, flashlight, games, batteries, sunscreen, CDs, radio with batteries, spending money, etc. We'll have a TV set up in to play games on. They provide us with fishing poles but if you want to bring in your own that is fine. It is best to not bring any other items such as balls, footballs, etc (if they do they NEED to be turned into me and only used under my supervision).

Activities Planned:

There will not be much free time at these camps as we have most of the time scheduled with practices and fun activities! We also do goal setting each night where we teach the guys how to set goals and work toward achieving them. The more we can keep the boys busy the less they will get home sick and/or in trouble!

Meals

There will be 3 meals a day provided. I would bring some snacks and drinks with you. **(I highly recommend bringing a bunch of bananas, a Gatorade type powder to mix into water bottle, and a small cooler of 1% chocolate milk for recovery (for Youth Intensive and 5 Day Intensive Camps).** At night we will have different activities planned; movies, ice cream, bowling, etc. You will want to send some extra money with them in case they want to buy gear, pizza, or snacks if we go to a movie. **Please Note:** We do make pizza runs at night so it would be a good idea to send money with your son if they want to get in on it. With our last practice being late most kids are hungry for pizza!

Wacky Wednesday (Youth Intensive & 5 Day Intensive Camps Only!):

What is Wacky Wednesday? Wacky Wednesday is a day we put your mind and body through the ringer! Practices can be any time from midnight Tuesday night to midnight Wednesday night. Anytime in those 24 hours we can have practices. The meals and activities are the only things that are the correct times and never change on the schedule. Kids take great pride in surviving this day and are glad when it is over! We have something new in store for this year. At the end of Wacky Wednesday kids are allowed to buy the "I Survived Wacky Wednesday Shirt" for \$15. Will You SURVIVE? **Please Note:** *We will take all cell phones on this day and return them to the wrestlers at night. If you have emergencies you can call my cell.*

Sleeping:

We will be sleeping in the 50x100 foot air-conditioned gymnasium that also hosts our mats and shower facility. I will provide everyone with a twin-size air mattress. Please bring your own sheet, blanket, pillow etc for the mattress. It does get cold in there at night so I would bring a few blankets!

Camp Rules

No one is allowed to leave camp once they arrive! When an athlete leaves it leaves us with an odd number and isn't fair to the other wrestlers. Get all distractions figured out a head of time so when they come they are ready to wrestle. Athletes are to stay within the boundaries of the Wesley Woods Camp and Retreat Center. If wrestlers sneak out or bring people back to the camp they will be asked to leave (no warning or camp credit will be given). Please make sure your son is aware he is here to wrestle not mess around! If the rules are broken your son will be asked to leave.

Emergency Situations:

In case of serious injury, EMS will be called at once. In case of minor injuries, we will transport the athlete to the hospital. We must have a signed release waiver for your son to receive medical treatment (the medical release is on the application you signed and mailed in or did online). If it is just normal bumps and bruises, we will handle them with my med kit I have in the wrestling room. If your son is injured and can't practice I encourage him to take notes of what is being taught. No trainer is on-hand at camp. I will have my cell phone with me at all times if you need to call.

Calling Home:

Cell phones will work in some areas, but not in all. If your child does not have a cellphone and needs to call home he can ask another child or a counselor to use theirs.

Balance and Waivers Due:

All balances need to be paid before wrestling camp starts! You will also need to fill out a Wesley Woods Waivers (I will email info on that when I sent out the rest of the info!

Camp Store:

I will have shirts, shorts, bags, sweatpants, socks, water bottles, etc for sale for those wanting them.

Contact Information:

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

Questions:

If after reading the above information you still have questions (or anytime you do) just call me or email me at chad@highaltitudewrestling.com. Please do not call my home phone during the camp; call me on my cellphone!!

I am looking forward to our camp and working with your son/daughter! Sincerely, Chad Tunink