

Thanksgiving Break Wrestling Clinic



WHY ATTEND? Come and learn at a camp where there are limited numbers of wrestlers allowed in (more attention), taught a PROVEN system that will work at all levels of wrestling, constantly drills over moves shown so you LEARN them and live situations to practice the moves taught! **2018 HAWC Results:** Iowa HS State Tournament Results: 37 State Qualifiers, 24 State Medalists, 7 State Finalists, & 3 State Champions! **Youth Wrestling Results:** 51 State Medalists, 17 State Finalists, & 11 State Champions!

Camp Date: Nov. 23rd

Location: Martensdale St Marys Wrestling Room
390 Burlington Ave, Martensdale, IA

Cost: \$40 per wrestler per camp
(*Checks payable to: High Altitude Wrestling Club*)

Grades: K – 12th grade

Camp Schedule: 1:30-4:30pm

Register: Mail in form or do online!

Merchandise: HAWC gear will be available for purchase!

Thanksgiving Break Wrestling Clinic at Martensdale St Marys High School (Nov. 23rd)

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 camp. I further waive any legal action against High Altitude Wrestling Club, Chad Tunink, Martensdale St Marys Community Schools 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

QUESTIONS: Chad Tunink 641-757-1287 (c) chad@highaltitudewrestling.com

Facebook: [highaltitudewrestling](https://www.facebook.com/highaltitudewrestling) **Twitter:** [HAWrestling](https://twitter.com/HAWrestling) **Instagram:** [high_altitude_wrestling](https://www.instagram.com/high_altitude_wrestling) **Nutrition:** www.4foreverfit.com

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