CAMP - 1 - JUNE 4-6
TEAM CAMP
Address: Nebraska City High School
141 Steinhardt Park Rd
Nebraska City, NE 68410
Camp Schedule: Same each day
7:30am-9am Check-in
7:30am-9am - Elite Technique session
(*No elite session the first day)
9am-10am Technique
10am-Noon Dual
Noon-1pm Lunch
1pm-3pm Dual

CAMP - 3 - JUNE 23-24
KANSAS OVERNIGHT TRAINING CAMP
Address: Osage City Elementary School
420 S. 4th Street, Osage City, KS 66523
JUNE 23
8-9am: Check-in and weigh-in
9-11am: Technique Session 1
11am-Noon: Lunch
12:30-2pm: Technique Session 2
3-4pm: Drill Session 1
3-5pm: Live Wrestling Training Session 1
5-5:30pm: Shower/Break
5:30-6:30pm: Supper
7-8:30pm: Mindset Training/Goal Setting with Buck Watkins
8-8:45pm: Wrestling battle Games
9-9:45pm: Cross-Fit Games
9:45-10:30pm: Free Time
10:30pm: Lights out
JUNE 24
7am: Wake-up Call
7:15-8:15am: Breakfast
8-9:30am: Elite Session
9:30-11am: Live Wrestling Training Session 2
11am-Noon: Lunch
12:20-1:20pm: Drill Session 2
1:30-3:30pm: Technique session 3
3:30-4pm: Autographs
4-5pm: Live Wrestling Training Session 3

CAMP - 2 - JUNE 19-21
TEXAS TEAM CAMP
Address: Winston Churchill High School
12049 Blanco Rd, San Antonio, TX 78216
Camp Schedule: Same each day
7-8:30am: Elite Session
(*no elite session the first day!)
8-9am: Check-in
8:30-9am: Break and Warm Up
9-10:30am: Technique Session 1
10:30-10:45am: Break
10:45-11:45am: Drill Live
11:45-Noon: Break
Noon-1pm: Technique 2

CAMP - 5 - JULY 24-26
COLORADO TEAM CAMP
Address: Chaparral High School
15655 Brookstone Dr, Parker, CO 80134
Camp Schedule: Same each day
7-8:30am: Elite Session
(*no elite session the first day!)
8-9am: Check-in / Break and Warm Up
9-10:30am: Technique Session 1
10:30-10:45am: Break
10:45-11:45am: Technique 2
11:45-Noon: Break
Noon-1pm: Live Duals or Tournament

CAMP - 7 - JULY 29-30
IOWA TRAINING CAMP
Address: Oakland Riverside High School
18997 Hwy 59, Oakland, IA, 51560
Camp Schedule: Same each day
7-8:30am: Elite Session
(*no elite session the first day!)
8-9am: Check-in
9-11am - Technique
11-Noon - Live Wrestling
noon-1pm - Lunch Break on Own
1-3pm - Technique
3-4pm - Live Wrestling

TOURNAMENT - 9 - JULY 27
IRON ELITE NATIONAL TAKEDOWN TOURNAMENT
Address: Pueblo Central High School , 216 E Orman Ave, Pueblo, CO 81004
Rules of the Takedown Tournament:
Best 2 out of 3 takedowns. After 3 mins. The freestyle/greco push-up rule is part of the match. When a wrestler gets a takedown and takes his opponent straight to his back and gets the pin the match is over.
Awards:
Top 3 All-Americans at each weight class gets a FREE t-shirt!
Tournament Grades: K-12 We will match up by weight, grade and ability
4-5pm: Weigh-ins | 6pm: Wrestling Starts

Like us on our facebook page - Iron Elite Wrestling
CAMP 1 ~ NEBRASKA ~ JUNE 4-6
TEAM CAMP
Nebraska City HS
141 Steinhart Park Rd
Nebraska City, NE 68410

PETE DIPOL
300 dual meet wins as a coach
3x National Coach of the Year
MATT WEMPEN
IA State Champion
STEVE FARRELL
IA State Place Winner
ANTONIO CHILTON
Former Cross-Fit & Power-Lifting Champ
FORREST MARX
Former Nationally Ranked in College
JAKE WALTER
HS All-American
JESSE THIELKE
Olympian & 4x State Champion
CODY PACK
4x D1 NCAA Qualifer at SDSU

CAMP 2 ~ TEXAS ~ JUNE 19 -21
TEAM CAMP
Winston Churchill HS
12049 Blanco Rd., San Antonio, TX 78216

RANDI MILLER
Olympic Bronze medalist and National Champion
BUCK WATKINS
WPAC Coach of the Year/
Mindset Coach
MATT WEMPEN
IA State Champion
STEVE FARRELL
IA State Place Winner
ANTONIO CHILTON
Former Cross-Fit & Power-Lifting Champ
FORREST MARX
Former Nationally Ranked in College
JAKE WALTER
HS All-American
JESSE THIELKE
Olympian and 4x State Champion

CAMP 3 ~ KANSAS ~ JUNE 23 & 24
TRAINING CAMP
Osage City Elementary School
420 S. 4th Street, Osage City, KS 66523

BUCK WATKINS
WPAC Coach of the Year/
Mindset Coach
MATT WEMPEN
IA State Champion
STEVE FARRELL
IA State Place Winner
ANTONIO CHILTON
Former Cross-Fit & Power-Lifting Champ
FORREST MARX
Former Nationally Ranked in College
JAKE WALTER
HS All-American

CAMP 4 ~ KANSAS ~ JUNE 23 & 24
TEAM CAMP
Gardner Edgerton HS 425 N Waverly Rd,
Gardner, KS 66030

DEAN HEIL
2x National Champion
and 3x All-American

MIKE MENA
4x NCAA AA
4x State Champion
Head Mens /Womens
Coach at Lincoln
College

CAMP 5 ~ COLORADO ~ JULY 24 -26
TRAINING CAMP
Chaparral HS 15655 Brookstone Dr,
Parker, CO 80134

PETE DIPOL
300 dual meet wins as a coach
3x National Coach of the Year
MATT WEMPEN
IA State Champion
STEVE FARRELL
IA State Place Winner
ANTONIO CHILTON
Former Cross-Fit & Power-Lifting Champ
FORREST MARX
Former Nationally Ranked in College
JAKE WALTER
HS All-American
JESSE THIELKE
Olympian and 4x State Champion

CAMP 6 ~ COLORADO ~ JULY 24 - 26
TEAM CAMP
Central HS 216 E Orman Ave,
Pueblo, CO 81004

BUCK WATKINS
WPAC Coach of the Year/
Mindset Coach
MATT WEMPEN
IA State Champion
STEVE FARRELL
IA State Place Winner
ANTONIO CHILTON
Former Cross-Fit & Power-Lifting Champ
FORREST MARX
Former Nationally Ranked in College
JAKE WALTER
HS All-American

CAMP 7 ~ IOWA ~ JULY 29-30
TRAINING CAMP
Address: Oakland Riverside High School
18997 Hwy 59, Oakland, IA, 51560

BUCK WATKINS
WPAC Coach of the Year/
Mindset Coach
MATT WEMPEN
IA State Champion
STEVE FARRELL
IA State Place Winner
ANTONIO CHILTON
Former Cross-Fit & Power-Lifting Champ

CAMP 8 ~ IOWA ~ AUGUST 4-5
TRAINING CAMP
Address: Centerville High School
600 CHS Dr. (south side of school)
Centerville IA 52544

CODY PACK
4x D1 NCAA Qualifer at SDSU
and 2x State Champion
MIKE MENA
4x D1 All-American at Iowa
and 4x IL State Champion
STEVE FARRELL
IA State Place Winner
ANTONIO CHILTON
Former Cross-Fit & Power-Lifting Champ

IRON ELITE NATIONAL TAKEDOWN TOURNAMENT
JULY 27
BEST 2 OUT OF 3 WINS!
PUEBLO CENTRAL HIGH SCHOOL 216 E ORMAN AVE, PUEBLO, CO 81004
INDIVIDUAL WRESTLER FORM - THIS FORM MUST BE FILLED OUT BEFORE YOU CAN WEIGH-IN/WRESTLE | CUT AND MAIL-IN

Name:___________________________ Address:____________________________ Cell Phone:___________________
Email Address:___________________________ City:_______________ Zip:__________Grade:___________
Team:_____________________ 
Circle one Overnight or Commuter    Circle one  Elite Sessions  yes  or no 
Weight Class : _______ Circle one - Is your team coming to camps/event: yes or no
Circle one Wrestlers Ability -   Beginner   Average   Elite
Which camp(s) or events are you attending: please Circle Camp(s):    1    2    3    4    5    6    7    8    9

I certify my child has been cleared by a physician and hereby give my permission for any and all activities involved in the Iron Elite Team Strength/Wrestling . I further waive any legal action against Iron Elite Strength/Wrestling, Host Schools and its employees for injuries my child may incur.
Parent’s Signature:___________________________ Date: __________
Parent’s Cell phones number in case of emergency:__________________
Wrestler health concerns:_____________________________________

Camp Phone number- 515-689-9188 | Camp Email Address- ironelitewrestling@gmail.com | Make checks payable to: Iron Elite Wrestling
Please mail all entry fees and camp waivers to: Attn: Mr. Chilton, Iron Elite Wrestling, 1011 W. Boston Ave., Indianola, Iowa 50125

NOTE:
Coaches & Parents welcome with paid Athlete must sign the zero tolerance policy!
Elite Session will be $20 flat fee extra per camp!
Elite sessions are extra technique sessions at camp!
Teams of 10 or more get $10 off per Athlete! If you attend 2 or more camps $5 off per Athlete! No refunds! Bounced Checks $25 extra fee!
Overnight campers must be in 6th-12th Grades!
Commuter campers can be in K-12th Grades!
If you do not have a team for camp we will put you on one! We will have wrestling apparel/gear on sale at both camps!
Please mail-in entry fee and waiver 1 week before camp to get the discounts!

CAMP ENTRY FEES
CAMP 1 - Mail-in $100 per Athlete and Walk-in $150 per Athlete Lodging on own! Email for host hotel and meal options!
CAMP 2 - Mail-in $100 per Athlete and Walk-in $150 per Athlete Lodging on own! Email for host hotel and meal options!
CAMP 3 - Mail-in Commuter $100 per Athlete and walk-in $150 commuter per Athlete. Mail-in overnight Athlete $125 per Athlete & Walk-in $175 per overnight Athlete Email for meal options!
CAMP 4 - Mail-in $100 commuter per Athlete and Walk-in $150 commuter per Athlete Lodging on own! Email for host hotel and meal options!
CAMP 5 - Mail-in $100 commuter per Athlete and Walk-in $150 commuter per Athlete Lodging on own! Email for host hotel and meal options!
CAMP 6 - Mail-in $100 per Athlete and Walk-in $150 per Athlete Lodging on own! Email for host hotel and meal options!
CAMP 7 - Mail-in $100 per Athlete and Walk-in $150 per Athlete Lodging on own! Email for host hotel and meal options!
CAMP 8 - Mail-in $100 per Athlete and Walk-in $150 per Athlete Lodging on own! Email for host hotel and meal options!
TOURNAMENT 9 - Mail-in $20 per Athlete Walk-in $30 per Athlete Gate Entry will be $5 per person.