



Youth Development Camp

July 30 - Aug. 3

Outdoor Challenge Camps - offer a one of a kind Intensive Youth Training Camp system limited to 60 wrestlers. This insures lots of hands on and individual attention that you just won't get at other larger camps. We also incorporate our signature "Outdoor Challenge Activities" that add fun elements to camp. Besides being fun these are both physically and mentally challenging. All events are designed as cross-training and team building opportunities that are directly related to the skills needed for wrestling.

Wrestling Technique - We incorporate sound fundamental technique into all of our wrestling sessions. We break technique down into a learnable and natural sequence. We add new technique at every session, but always review technique presented in earlier sessions. This proven method of teaching, incorporated with daily repetition, will enable wrestlers to have a basic mastery of techniques presented by the end of camp. This is crucial if you are wanting to raise your wrestling to the next level.

Outdoor Challenge Activities Competition - Participants get plenty of competition

- 17 stage Military Style obstacle course
- River Nerf- Football
- Paintball tournament
- River float trip on wild & scenic river
- Morning Runs
- Morning Log workouts

in the form of 3 round robin wrestling tournaments, takedown, standard match and overtime format. Many of the Outdoor Challenge Activities are also held as competitions, including: obstacle course, nerf football, paintball, river race, tug of war and spider wall. All of these scores are blended to come up with the Camp Iron Man Team



What Separates Our Camps From Others

- One on one attention
- Clinicians and counselors hand picked for ability to work with youth
- Home cooked meals
- Outdoor Challenge Activities
- Consistently draw top Youth Wrestlers from: SD, IA, NE, MN, KS
- Cost - compare to Chertow 5 day camp @ \$475
- Team fund raising opportunities through Gear Up America

Camp Cost - \$355 per camper. Includes camp supplemental insurance, free camp T-shirt, camp water bottle and special awards. Group, brother and coach discounts available. Visit our web site for details at:

www.OutdoorChallengeCamps.com

Outdoor Challenge Camps

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