



**Outdoor Challenge Camps** - offer a one of a kind Intensive Training Camp system limited to 55 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 required 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 for next season!

### Outdoor Challenge Activities

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

**Competition** - Participants get plenty of competition 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*".



### Camps and Clinicians -

#### Superduck/Crab Ride Camp - July 14- 19

Featuring - Jeff Rutledge NE State Champion

4X State Medalists,

HS 134-16 record 80 falls

3X NCAA All-American

4X NCAA Academic All-American

115 career college wins

Outstanding Wrestler - UNO Kaufman / Brand Open 2005

UNK National Team Champions 2008

Physical Education Major of the Year 2008



**Cost:** Campers \$ 435  
Coaches \$ 275, Coaches bringing 8 wrestlers attend free  
Team discount = teams bringing eight or more wrestlers receive a \$10/wrestler discount  
**LIMITED TO FIRST 55 WRESTLERS**

### What Separates Our Camps From Others

- One on one attention
- Home cooked meals
- Outdoor Challenge Activities
- Consistently draw top Wrestlers from: SD, IA, NE, MN, KS, CO, WI, WY and SC
- Team fund raising opportunities through Gear Up America

### Outdoor Challenge Camps

PO Box 414, Valentine, NE 69201

Email: aknebcon@shwisp.net

Phone: 402- 322-0640

For details visit our web site at: [www.OutdoorChallengeCamps.com](http://www.OutdoorChallengeCamps.com)

