



CAMP - 1 - JUNE 4-6

TEAM CAMP

Address: Nebraska City High School
141 Steinhart Park Rd
Nebraska City, NE 68410

Camp Schedule: Same each day
7:30am-9am Check-in
7:30am-9am- Elite Techniue session
(*No elite session the first day)
9am-10am Technique
10am-Noon Dual
Noon-1pm Lunch
1pm-3pm Dual

CAMP - 4 - JUNE 23-24

KANSAS TEAM CAMP

Address: Gardner Edgerton High School
425 N Waverly Rd, Gardner, KS 66030

JUNE 23

Noon-1pm: Check-in
1-3pm: Technique Session 1
3-5pm: Duals #1 and #2
5-6pm: Supper Break
6-7pm: Technique Session 2
7-8:30pm: Duals #3

JUNE 24

7:30-9am: Elite Session
9-11:00am: Technique Session 3
11-11:30am: Autographs
11-Noon: Lunch Break on own
12:30-2pm: Drill session *with Wempen*
2-3pm: *Mindset Training/Goal Setting with Buck Watkins*
3-5pm: Duals #4 and #5

CAMP - 6 - JULY 24-26

COLORADO TEAM CAMP

Address: Pueblo Central High School
216 E Orman Ave, Pueblo, CO 81004

Camp Schedule: Same each day
2-3:30pm: Elite Session
(*No Elite sessions the first day*)
3:30-4pm: Break
3-4pm: Check-in
4-5:30pm: Technique 1
5:30-5:45pm: Break
5:45-6:45pm: Technique 2
6:45-7pm: Break
7-8pm: Live Matches/Tournament

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 TRAINING 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
11:45am-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

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
7-8pm: *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 - 8 - AUGUST 4-5

IOWA TRAINING CAMP

Address: Centerville High School
600 CHS Dr. (south side of school)
Centerville IA 52544

Camp Schedule: Same each day
7-8:30am: Elite Session
(*no elite session the first day!)
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



2018 IRON ELITE WRESTLING CAMPS COUNSELORS

CAMP 1 ~ NEBRASKA ~ JUNE 4 -6 TEAM CAMP

Nebraska City HS
141 Steinhart Park Rd
Nebraska City, NE 68410

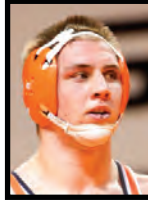


PETE DIPOL
300 dual meet wins as a coach
3x National Coach of the Year
MATT WEMPEN
IA State Champion
STEVE FARRELL
IA State Place Winner
ANTONIO CHILTON
Former Cross-Fit & Power-Lifting Champ
FORREST MARX
Former Nationally Ranked in College
JAKE WALTER
HS All-American
JESSE THIELKE
Olympian & 4x State Champion
CODY PACK
4x D1 NCAA Qualifier at SDSU
2x State Champion

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

CAMP 2 ~ TEXAS ~ JUNE 19 - 21 TEAM CAMP

Winston Churchill HS
12049 Blanco Rd., San Antonio, TX 78216



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

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

CAMP 3 ~ KANSAS ~ JUNE 23 & 24 TRAINING CAMP

Osage City Elementary School
420 S. 4th Street, Osage City, KS 66523



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

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 6 ~ COLORADO ~ JULY 24 - 26 TEAM CAMP

Central HS 216 E Orman Ave,
Pueblo, CO 81004



DENNIS HALL
World Champion
3x Olympian

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

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

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 5 ~ COLORADO ~ JULY 24 - 26 TRAINING CAMP

Chaparral HS 15655 Brookstone Dr,
Parker, CO 80134



DENNIS HALL
World Champion
3x Olympian

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
ANDY SISTEK
D2 All-American
FORREST MARX
Former Nationally Ranked in College
JAKE WALTER
HS All-American

CAMP 8 ~ IOWA ~ AUGUST 4-5 TRAINING CAMP

Address: Centerville High School
600 CHS Dr. (south side of school)
Centerville IA 52544



JESSE THIELKE
Olympian and 4x State Champion

CODY PACK
4x D1 NCAA Qualifier at SDSU and 2x State Champion
DEAN HEIL
2x National Champion and 3x All-American
STEVE FARRELL
IA State Place Winner
ANTONIO CHILTON
Former Cross-Fit & Power-Lifting Champ

CAMP 7 ~ IOWA ~ JULY 29-30 TRAINING CAMP

Address: Oakland Riverside High School
18997 Hwy 59, Oakland, IA, 51560



MAX THOMSEN
4x State Champion and All-American

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

IRON ELITE NATIONAL TAKEDOWN TOURNAMENT

JULY 27

BEST 2 OUT OF 3 WINS!

PUEBLO CENTRAL HIGH SCHOOL 216 E
ORMAN AVE, PUEBLO, CO 81004

2018 IRON ELITE WRESTLING CAMP REGISTRATION FORM



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.

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 wavers to: Attn: Mr. Chilton, Iron Elite Wrestling, 1011 W. Boston Ave., Indianola, Iowa 50125