

# Outdoor Challenge Camps

**Outdoor Challenge Camps** - offer a one of a kind Intensive 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 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*".



## Akin Summer Tour

Challenge yourself to be your best! Join Eric Akin on his "Summer Tour" attending both our Outdoor Challenge Camp July 8 - 13 and The World Class Team Camp July 15 - 18.

Discounts available for attending both camps! Visit web site for details.

## Outdoor Challenge Camps

PO Box 414, Valentine, NE 69201

Email: aknebcon@shwisp.net

Phone: 402-376-2679 or 322-0640

## Camps and Clinicians

**Jason Powell** - Nebraska Champions Camp - June 25 - 30

**Eric Akin** - Steel Sharpens Steel Camp - July 8 - 13

**Marty McCurdy and Jeff Rutledge** - Granby/Superduck Camp - July 15 - 20

**Neil Erisman** - Oklahoma State "Cowboy Style Camp" July 22 - 27

**Joey Morrison** - Youth Development Camp - July 30 - Aug. 3

**Jason Kelber** - National Champion, 3X All-American, 3X Iowa HS Champion will attend each camp as "Guest Clinician"

## 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, WY and SC
- Team fund raising opportunities through Gear Up America

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

