

# FATHER-SON

## ADVENTURE WRESTLING CAMP

AGES  
6-18

FRI. MAY. 22-SUN. MAY. 24  
INGAWANIS ADVENTURE BASE  
WAVERLY, IOWA

### ACTIVITIES:

- Wrestling Technique
- Kayaking/Canoe
- Target Shooting
- Archery
- Shotgun Sport Shooting
- Ropes Course
- Disc Golf
- STEM Lab
- Tomahawk Throwing
- Outdoor Survival
- Mountain Biking



### DUO PRICING:

- Cabin Camper: \$350
- Tent: \$300
- Commuter: \$200
- Additional Child: \$100

*Cabin is limited spaces.  
Includes all activities.  
Cabin and Tent include all meals*

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Hosted by Burg Training Center: Wartburg Wrestling Coaches & Athletes

# FATHER-SON ADVENTURE WRESTLING CAMP

# TENTATIVE SCHEDULE

## FRIDAY:

- 3:00 PM Check-In
- 5:00 PM Technique Session #1
- 6:30 PM Dinner
- 7:00 PM Father Son Challenge #1
- 9:00 PM Kids: Movie
- Fathers: Coaches Panel (experienced coach/father-son pairs)

## SATURDAY:

- 7:00 AM Breakfast
- 7:30 AM Bible Study/Kids Learning Activity
- 8:30 AM Technique Session #2
- 10:00 AM Father Son Challenge #2
- 11:30 AM Lunch
- 12:30 PM Father Son Challenge #3
- 2:00 PM Technique Session #3
- 3:30 PM Father Son Challenge #4
- 5:30 PM Dinner
- 6:30 PM Father Son Challenge #4
- 8:00 PM FIRE at Cabin or Group Guest Speaker/Comedian

## SUNDAY:

- 7:00 AM Breakfast
- 8:00 AM Church/Small Group for Kids
- 9:00 AM Technique Session #4
- 10:30 AM Final Father Son Challenge #5
- 12:00 PM Lunch
- 1:00 PM Kayak/Canoe float /pool
- Check out anytime after 12:00 pm

**CONTACT  
US:**

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