

# Freestyle & Greco Training Camp

May 25<sup>th</sup> & 26<sup>th</sup>

**Check In:** 2:00-3:15pm 4<sup>th</sup> Floor Hearnes Center- 600 E Stadium Blvd

## **ABOUT THE CAMP**

This is a two day clinic geared towards serious freestyle and greco wrestlers preparing for Southern Plains and/ or Cadet World Team Trials. USA National Team Coach Gary Mayabb will teach our Greco Roman Sessions. Come train alongside our University and Senior level athletes. The Clinic is open to all Cadets and Juniors with a USA wrestling Membership. Cost is \$50 for commuters and \$100 for campers staying on campus.

## **THINGS TO BRING**

Wrestling Shoes, Running Shoes, Soap & Shampoo  
Head gear, Towels, Singlet (optional), Water Bottle, 4 Workout shorts and T's

## **THINGS NOT TO BRING**

Tobacco products, Alcohol, Fireworks, Pocket Knives

## **CAMP SCHEDULE**

### **Friday, May 25**

2:00-3:15pm	Check-In begins at the Hearnes Center Wrestling Room
4:00- 6:00pm	Greco Technique/Drills
6:00-7:00pm	Dinner
7pm to 9pm	Greco Drills/ live practice

### **Saturday, May 26**

7:00am – 8:30pm	Breakfast
9 - 11am	Freestyle- Technique
11:00am- 12:00pm	Lunch
12:00- 1:30 pm	Freestyle- Technique/ Live Practice

## **Questions or concerns**

Call Joe Johnston at 573-884-9637 or email [tigerstylecamps@msn.com](mailto:tigerstylecamps@msn.com)

## **WEB PAGE**

Go to [WWW.TIGERSTYLEWRESTLING.COM](http://WWW.TIGERSTYLEWRESTLING.COM) for maps & more information about our camps. We look forward to having you at camp for a great summer of Tiger Style training.

**Why Tiger Style?**

Why choose this as our philosophy? We choose Tiger Style. We choose Tiger Style as a lifestyle, not because it is easy, but because it is difficult. We choose Tiger Style because its goals and expectations will serve to organize and measure the best of our energies and skills, because that challenge is one that we are willing to accept, one we are unwilling to postpone, and one which we intend to win.

**TIGER STYLE**

- Confident, Focus, Positive Thoughts
- Leadership, Uncommon Accountability, Team Work
- Choices, Pride, Failure, Conquer the Day, Life-School-Wrestling
- Goals, Attitude, Loyalty, Respect, Preparation, Commitment, Discipline, Purpose, Trust

**Tiger Style**

**Expect to Win**  
EXPECT TO WIN

**One More**

**Complete**

**Believer**