



Tiger Style Mid-MO Youth Camp June 12th – 14th

Check-In: 8:00am to 8:45am

***Hearnes Center Wrestling Room
600 E Stadium Blvd, Columbia, MO***

The BEST Camp System in the country now for youth!

This camp is especially designed for youth wrestlers aged 5-13. We will utilize two wrestling areas to ensure older/advanced and younger/novice wrestlers each camper has the best experience possible. For three straight days wrestlers will learn from the Mizzou Wrestlers and Coaching Staff exactly what makes Mizzou Wrestling a national power while having fun playing games, developing agility, and increasing muscle memory. With a focus on technical development, program specific drills, and live wrestling geared to help young athletes maximize their potential. This camp is the perfect summer time tool for beginners and experts alike!

MEALS

You will be responsible for lunch each day during the session breaks

THINGS TO BRING

Wrestling Shoes, Head gear, Workout shorts and shirts, Water Bottle

THINGS NOT TO BRING

Tobacco products, Alcohol, Fireworks, Pocket Knives, Firearms

TEAM STORE

Tiger Style Camp Store will be open during registration and before and after each day of camp. We will have Mizzou Wrestling Shorts, T-Shirts, Bags, Hats, etc.

CAMP SCHEDULE

Tuesday June 12th

8:00 – 8:45am	Check-in
9:00 – 11:00am	Session 1
11:00 – 12:00pm	Lunch Break
12:00 – 2:00pm	Session 2

Wednesday and Thursday June 13th & 14th

9:00 – 11:00am	Session 1
11:00 – 12:00pm	Lunch Break
12:00 – 2:00pm	Session 2

Questions or concerns

Call Alex Clemesen at 573-882-9943 or email tigerstylecamps@msn.com

WEB PAGE

Go to WWW.TIGERSTYLEWRESTLING.COM for 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
DON'T TO WIN

One More

Compete

Believe