



Tiger Style 30 Camp

June 24th – 28th

Check-In: 1:00 to 2:00PM

North/South/Center Dorm Quad

(Northeast Corner of Providence and Stadium)

Camp

Please come prepared to work hard. You will be training with 30 other wrestlers close to your weight and the current members of the Missouri Wrestling team. Practices, live wrestling, lectures, lifting and conditioning are all designed to develop you as a total competitor. Tiger Style 30 is for the serious wrestler who wants to train in an elite setting. There will only be 30 wrestlers in your group, so expect a lot of individual attention.

MEALS and DORMS

Meals at the new dining hall next to the dorm quad called “The Restaurants at Southwest”. You will have 3 meals per day, starting with dinner on the 24th. All meals are buffet style. You will be housed in the “New Dorms” called North, Center, and South. All dorms are air conditioned and have laundry facilities in them.

THINGS TO BRING

Wrestling Shoes, Alarm Clock
Running Shoes, Soap & Shampoo
Head gear, Pillow, 4 Towels
Singlet (optional), Sheets, Blanket,
Water Bottle, 13 Workout shorts and 3 work out T-shirts,
Tiger Style “30” work out T-shirts will be provided.
Laundry facility in the dorm, bring your own detergent and quarters

THINGS NOT TO BRING

Tobacco products, Alcohol, Fireworks, Pocket Knives

TEAM STORE

Tiger Style Camp Store will be open each day at 4:00
Shorts, T-Shirts, Bags, Hats, etc. will be available to purchase.

CAMP SCHEDULE

Sunday June 24th

1:00 pm	Check-In at North, South, Center Dorm Quad
2:30 pm	Meet outside in Dorm Quad to walk to the Hearnes
3:00 pm	Meet in Fieldhouse for first Tiger Style 30 meeting and practice. You will get your Tiger Style Camp manual and have a short practice.
5:00 pm	Dinner at “The Restaurants at Southwest”
7:00 to 9:00 pm	Practice

Monday, Tuesday, Wednesday – June 25th, 26th, 27th

9:00 am to 11:00 am	Practice
2:30 pm to 4:30 pm	Practice
7:00 pm to 9 pm	Practice

Thursday June 28th

8:30 am	Practice
11am to 12pm	Checkout at North/Center/South Dorm Complex

Questions or concerns

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

WEB PAGE

Go to WWW.TIGERSTYLEWRESTLING.COM for 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

Compete

Believe