



Tiger Style Elite Camp

June 20th – 28th

Check-In: 12:00am to 1:30pm

Hearnes Field House (track)- 600 E Stadium Blvd

Camp

This camp combines the Tiger Style 30 camp and the Team Camp for 9 days of technique, advanced training plus Team Camp. The first week you will be placed on a team and you will compete in duals along with three hours of technique each day. On day four you will compete in an all camp individual tournament.

Days 5-9 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.

MEALS and DORMS

Meals at the new dining hall near the Dorm Quad called “The Restaurants at Southwest”. You will have 3 meals per day, starting with dinner on the 20th. All meals are buffet style. You will be housed in the dorms North, Center, and South on the northeast corner of Stadium Blvd. and Providence Dr. 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 T-shirts

You will receive Tiger Style “30” T-shirts

Laundry facility in the dorm, bring your own detergent and quarters, you will have a laundry session.

THINGS NOT TO BRING

Tobacco products, Alcohol, Fireworks, Pocket Knives

TEAM STORE

Tiger Style Camp Store will be open after each session

Shorts, T-Shirts, Bags, Hats, etc. will be available to purchase.

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.

Wednesday June 20th

12:00 pm	Check-In begins at the Hearnes Center Field House
2:00 pm	Meet outside the dorm- Camp Counselors will walk you over to Hearne's Field House for a Camp meeting and then the first practice
2:30 pm to 4:30 pm	Technique/Drills (Coaches meeting to organize teams)
5:00 pm	Dinner
7:00 pm to 9:00 pm	Drill/ live practice

Thursday & Friday, June 21st and 22nd

9 am to 11am	Practice- Technique and 1 dual
1:30 pm	Coaches session
2:30 pm to 4:30 pm	Practice- Technique and 1 dual
7:00 pm to 9:00 pm	Practice- Technique/ 1 dual plus team building activity

Saturday June 23rd

8:00 am to 10 am	Practice- Technique/ 1 dual
10:30 am to 11:30 am	Lunch at the Fieldhouse
12:00 - 2:00	Individual Tournament
Afternoon	Laundry time
6:00 pm	Meet Outside in Dorm Quad for "1 More" Workout
Evening	NCAA rules and qualifying talk

Sunday June 24th

9:00 am to 11:00 am	Practice
3:00 pm	Meet in the Fieldhouse for first Tiger Style 30 meeting and practice. You will get your Tiger Style Camp manual and have a short practice.
7 - 9pm	Practice

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

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

Thursday June 28th

8:30 am	Practice
11am	Checkout at Noon at North/Center/South Dorms

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.

