



# *Tiger Style Satellite Camp*

## *Centerville Iowa*

### **June 4<sup>th</sup> – 6<sup>th</sup>**

**CHECK-IN: 7:30am to 8:45am**

**Centerville High School**

**600 CHS Dr, Centerville, IA 52544**

**The BEST Camp System in the country comes to you!**

Satellite Camps offer the unique experience of learning the Tiger Style system in your own backyard! For three straight days you will train with the Mizzou Wrestlers and learn from the Mizzou Coaching Staff exactly what makes Mizzou Wrestling a national power. With focus on technical development, program specific drills, and live wrestling to help develop newly learned technique this camp will continue to help you acquire a championship level. This camp can be the edge you have been looking for to supplement your summer progression!

**MEALS**

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

**THINGS TO BRING**

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

**THINGS NOT TO BRING**

Tobacco products, Alcohol, Fireworks, Pocket Knives

**TEAM STORE**

**Tiger Style Camp Store will be open during registration and after each session  
Shorts, T-Shirts, Bags, etc. will be available to purchase.**

## CAMP SCHEDULE

### Monday June 4th

7:45 – 8:45am	Registration
9:00 – 11:00am	Session 1
11:00 – 12:00pm	Lunch Break
12:00 – 2:00pm	Session 2

### Tuesday and Wednesday June 5<sup>th</sup> & 6<sup>th</sup>

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](mailto:tigerstylecamps@msn.com)

### WEB PAGE

Go to [WWW.TIGERSTYLEWRESTLING.COM](http://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**  
**GO TO WIN**

**One More**

**Compete**

**Believe**