



Tiger Style Team Camp

June 20th – 23rd

Check In: 11:00am to 1:30pm Hearnese Field House (track)- 600 E Stadium Blvd

Check out will be at the North, South, Center Dorm Complex on the corner of Providence and Stadium between 2:00 – 3:00 PM on the 21st.

The BEST Team Camp in the country!

Tiger Style Team Camps are designed for high school teams who desire summertime dual meet competition along with three hours a day of Tiger Style drills and technique. Each day your team will wrestle three matches. Each team will be coached by a current Missouri Wrestler or Coach. Tiger Style Team Camps give you more than just competition; they provide team captain meetings, Coaches meetings, technique sessions that are all a part of the “Tiger Style” system. Expect a lot of personal attention and an elite environment. High School teams come to Tiger Style Team Camps from all over the US to train in our system, build team unity, and prepare for the upcoming season. Last year, more than 30 teams from 17 different states attended and competed at Tiger Style Team Camps.

MEALS and DORMS

Meals are 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 either North, Center, or South Dorm. 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, 3 Towels
Singlet (optional), Sheets, Blanket,
Water Bottle, 13 Workout shorts and T’s
Laundry facility in 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 during registration and after each session
Shorts, T-Shirts, Bags, Hats, Headgear, & Knee Pads will be available to purchase.**

CAMP SCHEDULE

Wednesday June 20th

11:30am	Check-In begins at the Hearnese Center Field House
2:00pm	Meet outside the dorm- Camp Counselors will walk you over to Hearnese's Field House for a Camp meeting and then the first practice
2:30pm to 4:30pm	Technique/Drills (Coaches meeting to organize teams)
7pm to 9pm	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 11:15 am	Lunch at the Fieldhouse
12:00 - 2:00	Individual Tournament
2:00pm to 3:00pm	Checkout at the North, South, Center Dorm Complex

Questions or concerns

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

WEB PAGE

Go to 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.

