



Tiger Style Team Camp

June 23rd – 26th

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

Check out will be at the Bluford and Brooks Dorm Complexes on the corner of Providence and Stadium between 2:00 – 3:00 PM on the 23rd.

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 40 teams from 18 different states attended and competed at Tiger Style Team Camps.

MEALS and DORMS

Meals are at the new dining hall near the Dorm Complexes called “The Restaurants at Southwest”. You will have 3 meals per day, starting with dinner on the 23rd. All meals are buffet style. You will be housed in either the Bluford or Brooks 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, etc. will be available to purchase.**

CAMP SCHEDULE

Day 1

11:30 am	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 pm to 6:30 pm	Dinner
7 pm to 9 pm	Drill/ live practice

Days 2 and 3

7 am to 8:30 am	Breakfast
9 am to 11am	Practice- Technique and 1 dual
11:30 am to 12:30 pm	Lunch
1:30 pm	Coaches session
2:30 pm to 4:30 pm	Practice- Technique and 1 dual
5:00 pm to 6:30 pm	Dinner
7:00 pm to 9:00 pm	Practice- Technique/ 1 dual plus team building activity

Day 4

6:30 am to 7:30 am	Breakfast
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
2:00pm to 3:00pm	Checkout at the Bluford and Brooks Dorms

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.

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 Move

Compete

Believe