



# ***Tiger Style Mid-MO Youth Camp June 18<sup>th</sup> – 20<sup>th</sup>***

**Check-In: 8:30am to 9:00am**

**Hearnes Center Wrestling Room  
600 E Stadium Blvd, Columbia, MO**

**The BEST Camp System in the country now for youth!**

This camp is especially designed for youth wrestlers aged 5-13. We will utilize two wrestling areas to ensure older/advanced and younger/novice wrestlers each camper has the best experience possible. For three straight days, wrestlers will learn from the Mizzou Wrestlers and Coaching Staff exactly what makes Mizzou Wrestling a national power while having fun playing games, developing agility, and increasing muscle memory. With a focus on technical development, program specific drills, and live wrestling geared to help young athletes maximize their potential. This camp is the perfect summer time tool for beginners and experts alike!

**MEALS**

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

**THINGS TO BRING**

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

**THINGS NOT TO BRING**

Tobacco products, Alcohol, Fireworks, Pocket Knives, Firearms

**TEAM STORE**

**Tiger Style Camp Store will be open during registration and also before and after each day of camp. We will have Mizzou Wrestling Shorts, T-Shirts, Bags, Hats, etc.**

## CAMP SCHEDULE

### Day 1

8:30 – 8:55am	Check-in
9:00 – 11:00am	Session 1
11:00 – 12:00pm	Lunch Break
12:00 – 2:00pm	Session 2

### Days 2 and 3

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**  
DON'T TO WIN

**One More**

**Compete**

**Believe**