



# *Tiger Style 30 Camp*

June 26<sup>th</sup> – 30<sup>th</sup>

**REGISTRATION: 1:00 to 2:00PM**

**North/South/Center Dorm Quad**

(Northeast Corner of Providence and Stadium)

## **Camp**

Please come prepared to work hard. 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. There will only be 30 wrestlers in your group, so expect a lot of individual attention.

## **MEALS and DORMS**

Meals at *Dobbs Hall*. You will have 3 meals per day, starting with dinner on the 26<sup>th</sup>. All meals are buffet style. You will be housed in the “New Dorms” called North, Center, and South. 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 3 work out T-shirts,  
10 Tiger Style “30” work out T-shirts will be provided.  
Laundry facility in the dorm, bring your own detergent

## **THINGS NOT TO BRING**

Tobacco products, Alcohol, Fireworks, Pocket Knives

## **TEAM STORE**

**Tiger Style Camp Store will be open each day at 4:00**  
**Shorts, T-Shirts, Bags, Hats, etc. will be available to purchase.**

## CAMP SCHEDULE

### Monday June 26<sup>th</sup>

1pm Registration at North, South, Center Dorm Quad (Corner of Stadium and Providence)

2:30pm Meet outside in Dorm Quad to walk to the Hearnes Center

3pm Meet in Wrestling Room for first Tiger Style 30 meeting and practice. You will get your Tiger Style Camp manual and have a short practice.

5pm dinner at Dobbs

7 - 9pm Practice

### Tuesday, Wednesday, Thursday - June 27<sup>th</sup>, 28<sup>th</sup>, 29<sup>th</sup>

9 am to 11am Practice

2:30 pm to 4:30 pm Practice

7:00 pm to 9 pm Practice

### Friday June 30<sup>th</sup>

8:30 am Practice

Checkout: 11 am to Noon at North/Center/South Dorm Complex

### Questions or concerns

Call Alex Clemens 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 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 More**

**Compete**

**Believe**