



# *Tiger Style Elite Camp*

June 22<sup>nd</sup> – 30<sup>th</sup>

*REGISTRATION: 11:00am to 1:30pm*

**Hearnes Field House (track)- 600 E Stadium Blvd**

## **Camp**

This camp combines the Tiger Style 30 camp and the Team Camp for 9 days of technique, advanced training plus Team Camp. The first week you will be placed on a team and you will compete in duals along with three hours of technique each day. On day four you will compete in an all camp individual tournament.

Days 5-9 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.

## **MEALS and DORMS**

Meals at *Dobbs Hall*. You will have 3 meals per day, starting with dinner on the 22<sup>nd</sup>. All meals are buffet style. You will be housed in the “New Dorms” called North, Center, and South on the northeast corner of Stadium Blvd. and Providence Dr. 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 T-shirts

You will receive 10 Tiger Style “30” T-shirts

Laundry facility in the dorm, bring your own detergent, you will have a laundry session.

## **THINGS NOT TO BRING**

Tobacco products, Alcohol, Fireworks, Pocket Knives

## **TEAM STORE**

Tiger Style Camp Store will be open after each session

Shorts, T-Shirts, Bags, Hats, etc. will be available to purchase.

## **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 more information about our camps. We look forward to having you at camp for a great summer of Tiger Style training.

## Thursday June 22<sup>nd</sup>

11:00am Registration 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 – 4:30 – Technique/Drills (Coaches meeting to organize teams)

5:00 pm dinner at Dobbs

7 – 9 pm Drill/ live practice

## Friday & Saturday, June 23<sup>rd</sup> and 24<sup>th</sup>

9 am to 11 am 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

## Sunday June 25<sup>th</sup>

8:00 am to 10 am Practice- Technique/ 1 dual

10:30 am to 11:30 am Lunch at the Hearnes Center

12:00 - 2:00 Individual Tournament

Afternoon – laundry time

6:00 pm Meet Outside in Dorm Quad for “1 More” Workout

Evening – NCAA rules and qualifying talk

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

9 am to 11 am Practice

3:00 Meet in the 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 11 am 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: 11am to Noon at North/Center/South Dormitory Complex

