



# *Tiger Style Team Camp*

June 22<sup>nd</sup> – 25<sup>th</sup>

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

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

\*\*\*Check out will be at North/Center/South Dorm Complex located on the Northeast corner of Stadium Blvd and Providence Dr between 2:00 – 3:00 PM on the 25<sup>th</sup>.

## **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 16 different states attended and competed at Tiger Style Team Camps.

## **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 located 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  
Laundry facility in dorm, bring your own detergent

## **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

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

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 23<sup>rd</sup> & 24<sup>th</sup>

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

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

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

Lunch at 10:30 am to 11:30 am

12:00 - 2:00 Individual Tournament

Checkout: 2:00am to 3:00 at North/Center/South Complex Dormitory

## 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 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 More**

**Compete**

**Believe**