***Tiger Style Team Camp* June 20th – 23rd**  ****

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

Check out will be at the North, South, Center Dorm Complex on the corner of Providence and Stadium between 2:00 – 3:00 PM on the 21st.

**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 30 teams from 17 different states attended and competed at Tiger Style Team Camps.

**MEALS and DORMS**

Meals are at the new dining hall near the Dorm Quad called “The Restaurants at Southwest”. You will have 3 meals per day, starting with dinner on the 20th. All meals are buffet style. You will be housed in either North, Center, or South 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 detergentand quarters

**THINGS NOT TO BRING**

Tobacco products, Alcohol, Fireworks, Pocket Knifes

**TEAM STORE**

**Tiger Style Camp Store will be open during registration and after each session**

**Shorts, T-Shirts, Bags, Hats, Headgear, & Knee Pads will be available to purchase.**

**CAMP SCHEDULE**

**Wednesday June 20th**

11:30am Check-In begins at the Hearnes Center Field House

2:00pm Meet outside the dorm- Camp Counselors will walk you over to Hearne’s Field House for a Camp meeting and then the first practice

2:30pm to 4:30pm Technique/Drills (Coaches meeting to organize teams)

7pm to 9pm Drill/ live practice

**Thursday, Friday, June 21st and 22nd**

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

**Saturday June 23rd**

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

10:30 am to 11:15 am Lunch at the Fieldhouse

12:00 - 2:00 Individual Tournament

2:00pm to 3:00pm Checkout at the North, South, Center Dorm Complex

**Questions or concerns**

Call Alex Clemsen 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.

