



Team Camp (Georgia State & College University) - JULY 15-19, 2012

REGISTRATION: 2:30PM - 4:30PM Centennial Center

You will eat at Maxwell Student Union. You will have 3 meals per day, starting with dinner on the 10th. All meals are all you can eat. You will be housed in Parkhurst or Foundation Hall. All dorms are air conditioned.

THINGS TO BRING

Wrestling Shoes, Alarm Clock
Running Shoes, Soap & Shampoo
Head gear, Pillow, 3 Towels
Singlet (optional), Sheets, Blanket,
Water Bottle, 11 Workout shorts and T's
Laundry facility in dorm, bring detergent

THINGS NOT TO BRING

Tobacco products
Alcohol
Fireworks
Pocket Knives

Tiger Style Camp Store will be open each day at 9:00 pm-- Shorts, T-Shirts, Bags, Hats and Headgear will be available to purchase.

CAMP SCHEDULE

Sunday

5:15pm Dinner at Maxwell Student Union

6:30pm Walk over to Arena for Meeting with Head Coach Brian Smith

Session 1: 7pm - 9pm Stance, Motion, Positioning

Monday

Session 2: 9am – 11am 1 Hour Technique, 1 Dual

Session 3: 2:30 - 4:30 2 Duals

Session 4: 7pm - 9pm Technique Stations

Tuesday

Session 5: 9am – 11am 1 Hour Technique, 1 Dual

Session 6: 2:30 - 4:30 2 Duals

Session 7: 7pm - 9pm Technique Stations

Wednesday

Session 8: 9am – 11am 1 Hour Technique, 1 Dual

Session 9: 2:30 - 4:30 2 Duals

Session 10: 7pm - 9pm Technique Stations

Thursday

Session 11: 9am - 11am Camp Tournament

Checkout: 11am To Noon at the Dorms

Questions or concerns: Call Denise Smith 573-639-0922 or email

tigerstylecamps@msn.com

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.