



Tiger Style Intensive Camp - JUNE 10-19th, 2012

REGISTRATION: 2:30PM - 3:00PM Hearnese Field House- 600 E Stadium Blvd

Please come prepared to work hard. You will be training with the University of Missouri Wrestling team. Practices, lectures, lifting and conditioning are all designed to develop you as a total competitor.

You will eat at **Dobbs Hall**. You will have 3 meals per day, starting with dinner on the 10th. All meals are buffet style. You will be housed in the **South Complex Dormitories**; this is located on the NE corner of Providence and Stadium Blvd. 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 detergent

We will have a break on the 5th day of camp to do laundry

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

THINGS NOT TO BRING

Tobacco products

Alcohol

Fireworks

Pocket Knives

CAMP SCHEDULE

Sunday June 10th

4:00 Meet in Wrestling Room for Intensive meeting, get your Tiger Style Camp manual and go through the 10 day schedule.

5pm dinner at Dobbs

6:30pm - Meet outside of dorms - Counselors will walk you over to Hearnes Field House for a Meeting with Head Coach Brian Smith

7 - 9pm Tiger Style Drills

Monday June 11th – Monday June 18th

This is an example of the day. Events will change; the times will stay the same.

6am Conditioning & Strength Training

9am - 11am Technique

2:30 – 4:30 Practices and dual meets

7pm - 9pm Technique, Film Study, Lectures

Tuesday the 19th

9am - 11am Tournament

Checkout: 11am to Noon at South Complex Dormitory

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.