



### ***Team Camp 1 - JUNE 10-14, 2012***

**REGISTRATION: 2:30PM - 4:30PM Hearnese Field House- 600 E Stadium Blvd**

Please come prepared to wrestle and learn the Tiger Style Way. You will be training alongside the University of Missouri Wrestling team.

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 ***Lathrop and Jones Hall***, 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, 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 4:00-- Shorts, T-Shirts, Bags, Hats, Headgear, & Knee Pads will be available to purchase.**

## ***CAMP SCHEDULE***

### **Sunday**

5:00 pm Dinner at Dobbs

6:30 pm Meet outside of dorms - Counselors will walk you over to Hearnese Field House for a 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 Tournament

## **Checkout: 11am To Noon at the Dorms**

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

[tigerstylecamps@msn.com](mailto:tigerstylecamps@msn.com)

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.