



Technique Camp - 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

5:00pm Dinner at Dobbs

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

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

Monday

Session 2: 9am – 11am

Session 3: 2:30 – 4:30

Session 4: 7pm – 9pm

Tuesday

Session 5: 9am – 11am

Session 6: 2:30 – 4:30

Session 7: 7pm – 9pm

Wednesday

Session 8: 9am – 11am

Session 9: 2:30 – 4:30

Session 10: 7pm – 9pm

Thursday

Session 11: 9am – 11am

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.