

Team Camp(Georgia State & College University) - JULY 12th – 16th, 2010
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 12th. All meals are all you can eat. You will be housed in Parkhurst or Foundation Hall. All dorms are air conditioned. If you are paying your balance off at registration it ***MUST BE PAID WITH CASH OR MONEY ORDER.***

THINGS TO BRING

Wrestling Shoes, Alarm Clock
Running Shoes, Soap & Shampoo
Head gear, Pillow, Towels
Singlet (optional), Sheets, Blanket,
Water Bottle, Workout gear for 11
sessions

THINGS NOT TO BRING

Tobacco products
Alcohol
Fireworks
Pocket Knives

We will have a Camp Store
Shorts, T-Shirts, Bags, Hats, Headgear, & Knee Pads

CAMP SCHEDULE

Monday

5:15pm Dinner at _____
6:15pm Meet outside of dorms - Counselors will walk you over to the
Centennial Center for the camp meeting.
Session 1: 7pm - 9pm Stance, Motion, Positioning

Tuesday

Session 2: 9am – 11am 1 Hour Technique, 1 Dual
Session 3: 2:30 - 4:30 2 Duals
Session 4: 7pm - 9pm Technique Stations

Wednesday

Session 5: 9am – 11am 1 Hour Technique, 1 Dual
Session 6: 2:30 - 4:30 2 Duals
Session 7: 7pm - 9pm Technique Stations

Thursday

Session 8: 9am – 11am 1 Hour Technique, 1 Dual
Session 9: 2:30 - 4:30 2 Duals
Session 10: 7pm - 9pm Technique Stations

Friday

Session 11: 9am - 11am Final Dual

Checkout: 11am – Noon

Check out will be at the dormitory

Questions or concerns: Denise Smith 573-639-0922 or 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 training.