

Intensive Camp - JUNE 13th – 22nd, 2010
REGISTRATION: 2:30PM - 4:30PM Devine Pavilion

You will eat at ***Dobbs Hall***. You will have 3 meals per day, starting with dinner on the 13th. All meals are all you can eat. You will be housed in ***South Complex Dormitories***. 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

Sunday June 13th

5pm dinner at Dobbs

6:15pm - Meet outside of dorms - Counselors will walk you over to Devine Pavilion

7 - 9pm Stance, motion, positioning

Monday June 14th – 21st

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 Practice

7pm - 9pm Technique, Film Study

Tuesday the 22nd

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.