

Team Camp 1 - JUNE 13th - 17th, 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 **Lathrop or Jones 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

Sunday

5:15pm	Dinner at Dobbs
6:15pm	Meet outside of dorms - Counselors will walk you over to Devine Pavilion for the camp meeting.
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	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.