

Technique & Team Combo 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 **Center 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

June 13th (Sunday)

5pm Dinner at Dobbs
6:15pm Meet outside of dorms - Counselors will walk you over to Devine Pavilion
7pm – 9pm Stance, Motion, Positioning

June 14th – 16th (Monday – Wednesday)

You will be in the Technique Camp, daily session times are:

9am – 11am

2:30 – 4:30

7pm – 9pm

June 17th – 18th (Thursday & Friday)

You will be with the Intensive Campers. The session times are the same.

June 19th – 21st (Saturday – Monday)

You will be put on a team for the Team Camp.

9am – 11am 1 Hour Technique, 1 Dual

2:30 – 4:30 2 Duals

7pm – 9pm Technique Stations

June 22nd (Tuesday)

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.