

**Technique Camp - JUNE 13<sup>th</sup> - 17<sup>th</sup>, 2009**  
**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 13<sup>th</sup>. 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**.

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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

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

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**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  
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

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**Checkout: 11am – Noon**

Check out will be at the dormitory

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Questions or concerns: Denise Smith 573-639-0922 or [tigerstylecamps@msn.com](mailto:tigerstylecamps@msn.com)

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Go to [www.TigerStyleWrestling.com](http://www.TigerStyleWrestling.com) for maps & more information about our camps. We look forward to having you at camp for a great summer of training.