

CAMP Schedule

FRIDAY

- 6:00 PM - Check In
- 7:00 PM - 8:30 PM Wrestling Workout
- 9:30 PM - Camp Fire (Snack/Soda)
- 11:00 PM - Lights Out

SATURDAY

- 7:30 AM - 8:30 AM - Run and Drill Outdoors
- 9:00 AM - Breakfast
- 10:00 AM - 11:30 AM - Wrestling Workout
- 12:00 PM - Lunch
- 1:30 to 3:30 PM - Wrestling Workout
- 3:30 to 4:30 PM Swimming at the Pool
- 4:30 to 5:30 - Activities at the Lake
- 6:30 PM - Dinner
- 7:30 PM - 9:00 PM - Wrestling Workout (live)
- 9:30 PM - Camp Fire (Snack/Soda)
- 11:00 PM - Lights Out

SUNDAY

- 7:30 AM - 8:30 AM - Run and Drill Outdoors
- 9:00 AM - Breakfast
- 10:00 AM - 11:30 AM - Wrestling Workout
- 12:00 PM - Lunch
- 1:30 PM - 2:00 PM - Wrestling Workout
(Parents welcome to watch)
- 2:00 PM - Check-out

CAMP PHILOSOPHY

Folkstyle Wrestling Technique Camps

TEAM JONES is designed for Wrestlers, K-12th Grade, who want to continue training during the Spring, Summer and Fall. Training with TEAM JONES will give the Wrestler the "EDGE" as they return to their Team Next Season. Coach Jones has found that many wrestlers need "Time on the Mat" to catch-up to the better competition. TEAM JONES will give the wrestler that much needed "MAT TIME"

The TEAM JONES Wrestling Camp offers the opportunity to participate regardless of skill level. We will "PERFECT the BASICS".

TEAM JONES will concentrate on Technique and Wrestling Moves that will work in matches. We will consistently drill moves that will give each wrestler a solid foundation as they strive to reach their goals.

The TEAM JONES CAMPS will be Mentally and Physically Challenging, but, never OVERBOARD. Coach Jones understands that Wrestling needs to be fun and enjoyable for the wrestler to remain in this difficult sport.



COACH JONES

Passion ~Wrestling

-Dad of two previous wrestlers Sidney (28) Deceased and Ashley (27). Resides in Landen Ohio near Kings Island for the last 24 years.

Coaching Background (24 years)

- Head Coach - Kings Jr. High Wrestling Team
- Head Coach - Mason Youth Wrestling (6 years)
- Head Coach - Loveland Youth Wrestling (K- 6th Grade)
- Assistant Coach - Eastside Catholic Club Wrestling Team. (Moeller's Club Team- 6th - 8th Grade)
- Assistant Coach - Team Miron Wrestling
- Assistant Coach - South West Ohio All-Stars -Youth
- Assistant Coach - Schoolboy-Ohio National Teams - FSJGR and Folkstyle
- Assistant Coach Youth/HS FSJGR- Cincinnati Wrestling Club

Wrestling Background

- Pennsylvania High School Wrestler AAA- Waynesboro High School (3 Year Varsity Letterwinner)
- Junior College Wrestler - Keystone Jr. College - LaPlume PA (2 Year Varsity Letterwinner)
- Division I Wrestler - East Stroudsburg University - East Stroudsburg PA (2 Year Varsity Letterwinner)

Education

Graduate of Waynesboro High School
AA Degree from Keystone Jr. College
BS Degree from East Stroudsburg University

Accomplishments

- National Jr. College All-Academic Wrestling Team
- Who's Who Among American Jr. College Students
- #2 in NJCAA Eastern Rankings
- Winner of the East Stroudsburg University Coaches Award

"Contributed the most to the team with his dedication, desire, and overall effort"

Weekend Training Camps

- May 12th - 14th - Father/Son Camp
- June 2nd - 4th - Youth Camp
- June 30th - July 2nd - Girls Camp
- August 4th - 6th - Competition Camp

CAMP LOCATION

Woodland Lakes Christian Camp

3054 Lindale Mt Holly Road
Amelia, Ohio 45102

featuring:

- Summer Cabins
for overnight sleeping
- Cafeteria Meals:
Breakfast, Lunch and Dinner
- Nightly Camp Fire
- Outdoor Pool
- Lake Activities
- Game Room
- Gymnasium

Mom and Dad

Want to stay for the weekend?

Private Cabins Available
Contact Coach Jones
for details.

**Interested in
Sponsoring
a Wrestler?
Contact Coach
Jones at
513-678-9833**