

# 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 5:30 PM Swimming at the Pool  
6:00 PM - Dinner  
7:00 PM - 8:30 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 early Months. 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 (23) Deceased and Ashley (22).  
Resides in Landen Ohio near Kings Island for the last 18 years.

### Coaching Background (19 years)

- Head Coach - Kings Jr. High Wrestling Team
- Head Coach - Mason Youth Wrestling (4 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

June 8th-10th - All Girls Camp  
June 15th - 17th - Youth Father/Son Camp  
June 29th - July 1st - Youth Takedown Camp  
July 7th - July 9th - Jr. High/High School Camp  
Aug 10th - 12th - Youth Top/Bottom Camp  
Aug 17th - 19th - Competition Camp - All Live  
Sept 7th - 9th - Youth Intensive Camp

## CAMP LOCATION

### Woodland Lakes Christian Camp

3054 Lindale Mt Holly Road  
Amelia, Ohio 45102

### featuring:

Summer Cabins  
for overnight sleeping  
Catered Meals:  
Breakfast, Lunch and Dinner  
Nightly Camp Fire  
Outdoor Pool

### 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**

**APPLICATION** (Please complete entire form legibly.)

Wrestler's Name \_\_\_\_\_ Age \_\_\_\_\_ Date of Birth \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
School \_\_\_\_\_ Grade in Fall \_\_\_\_\_ WRESTLING EXPERIENCE \_\_\_\_\_  
(No. of years) \_\_\_\_\_  
Phone (\_\_\_\_) \_\_\_\_\_ Email \_\_\_\_\_  
Last Year's Record \_\_\_\_\_ Weight Class \_\_\_\_\_ Amount of Deposit Enclosed \$ \_\_\_\_\_

\$100 Deposit Due with Application

Remaining \$100 Due at Camp Check-In

Please Check Camp Date

- ☐ June 8th-10th - \$200    ☐ Aug 10th - 12th - \$200  
☐ June 15th - 17th - \$200    ☐ Aug 17th - 19th - \$200  
☐ June 29th - July 1st - \$200    ☐ Sept 7th - 9th - \$200  
☐ July 7th - July 9th - \$200

Please send application and deposit of \$100  
for weekend camps to:

**Don Jones**  
**3704 Green Haven Way**  
**Maineville, Ohio 45039**

Please Detach Here

**TEAM JONES WRESTLING CAMPS**  
Don Jones • Coach  
3704 Green Haven Way  
Maineville, OH 45039  
513-678-9833

# TEAM JONES

## WEEKEND WRESTLING CAMPS



**3054 Lindale Mt. Holly Road**  
**Amelia, OH 45102**  
**(513) 797-5268**  
**woodlandlakes.com**



# 2018

**Team Jones Wrestling Camps**  
**(K - 12th Grade)**

**513-678-9833**

**djones@albrechtco.com**

**www.teamjoneswrestling.com**