

Practice Address

**Dedicated Motivated Fitness
2701 South Breiel Blvd.
Middletown, OH 45044**

Don Jones 513-678-9833

About Dedicated Motivated Fitness

- 38ft x 38ft new mat area.
- Concession area with refreshments.
- Private Showers.

PRACTICE STRUCTURE *Each Practice will be Consistent and Structured*

WARM-UP (15 Minutes)

- *Light Jog around the mat
- *Shuffle IN-Shuffle Out (In Stance)
- *Karaoke In and Out
- *Sprints
- *Tumbling (Forward Roll, Backward Roll, Backward Extension, Cart Wheels, Round-Offs, Walking on Hands, Leap Frog, Etc.)
- *Drop Steps, Sprawls, High Crotches down the mat
- *Foot Speed Drill

STRETCHING (5 Minutes)

- *Front Bridge
- *Back Bridge
- *Stretching of Neck, Arms, Waist, Knees and Ankles

INSTRUCTION (15 Minutes)

- *Learning the Core Set of moves that we will drill each and every practice*

Water Break (2 Minutes)

DRILLING WITHOUT A PARTNER (5 Minutes)

- *Stance
- *Motion
- *Drop Steps
- *Takedown Shots
- *Stand-ups
- *Reversal (Switch)
- *Granby Out

DRILLING WITH A PARTNER (15 Minutes)

- *Stance - Hand Fighting
- *Motion Drill- Sprawl Drill
- *Drill of takedowns and finishes (Core moves listed)
 - snap-down and spin - duck under
 - Throw by - Double Leg series
 - Single leg series- Outside Sweep
 - High Crotch - Ankle Pick
 - 5 Point move series
 - Front Headlock series
 - Head inside series
- *Drilling of Bottom Position
 - Stand-up - Switch
 - Granby out - Peterson
- *Drilling of Top Position
 - Breakdown Series
 - Half/One-on One series
 - Tilt series - Float series

Water Break (3 Minutes)

LIVE WRESTLING (30 Minutes)

- Live Takedowns with different Partners
- Live Situations with different partners
- Live Top and Bottom with different partners
- Live Matches with different partners

GROUP MEETING TO FINISH UP THE PRACTICE (5 MINUTES)

- Quick discussion review of what we learned at practice
- Give out Flyers on upcoming tournaments/Camps

★★ NEW LOCATION ★★ **OPEN PRACTICE**

*Sid's Dad Wrestling offers
K-12th Grade Instruction*

TEAM JONES **"Perfecting the Basics"**

Year Round Practices
Monday & Wednesday Nights



Year Round Practices

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COACH JONES



Passion ~Wrestling

Dad of two previous wrestlers
Sidney (24) and Ashley (23).

Resides in Landen Ohio near
Kings Island for the
last 20 years.

Coaching Background (20 years)

- Head Coach - Kings Jr. High Wrestling Team
- 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 FSIGR- 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"

PRACTICE FEE & FORMAT

K-12th Grade Welcome

All Practices at:

Dedicated Motivated Fitness
2701 South Breiel Blvd.
Middletown, OH 45044

Practice Times/Days

Year Round

Mondays & Wednesdays
6:30-8:00 pm

Practice Cost

\$10 Per Practice

\$56 a month for 3 month plan

\$48 a month for 6 month plan

\$40 a month for 1 year plan

PERFECTING THE BASICS

Ask me about Private Lessons

One on One or small groups

Please contact Coach Jones

For more information

513.678.9833

★★ NEW LOCATION ★★

Name: _____

Age: _____ Weight: _____ Grade: _____

School: _____

Address: _____

City: _____

State: _____ Zip: _____

Home Phone: _____

Cell Phone: _____

Email: _____

Parent or Guardian:

Name: _____

Cell Phone: _____

Email: _____

Make Checks Payable to:

Dedicated Motivated Fitness
They also accept Credit Cards

Okay to bring to 1st Practice

or

Send Application to:

Don Jones

TEAM JONES

3704 Green Haven Way

Maineville, OH 45039

513.678.9833