

## DIRECTIONS

to Courts 4 Sports  
854 Reading Road  
Mason, Ohio 45040  
513-770-0667

## Don Jones 513-678-9833

I-71 North to Western Row (Kings Island) exit.  
Left (west) on Western Row. Western Row turns  
into Tylersville Road. Turn left on Reading Road  
(Route 42). Facility is located approximately  
2 miles on left.

1-75 North to the Tylersville Road exit (#22).  
Right (east) on Tylersville Road. Right on  
Reading Road (Route 42). Facility is located  
approximately 2 miles on left.

1-275 to Reading Road (Route 42) exit. Go  
North off exit. Facility is located approximately  
10 miles on right (next to Wall 2 Wall Soccer).

## About Courts 4 Sports



- 38ft x 38ft new mat on second floor.
- Concession area with complete line of refreshments.
- TV monitor throughout showing sporting events.
- Arcade Area.

## 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

# OPEN PRACTICE

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

**TEAM JONES**  
**"Perfecting the Basics"**  
Year Round Practices



## Year Round Practices

@  
Courts 4 Sports  
Mason, Ohio

# COACH JONES



## Passion ~Wrestling

Dad of two previous wrestlers  
Sidney (Deceased) (21)  
and Ashley (20).

Resides in Landen Ohio near  
Kings Island for the  
last 15 years.

## Coaching Background (17 years)

- Current Head Coach – Mason Youth Wrestling
- 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:

Courts 4 Sports  
854 Reading Road  
Mason, Ohio 45040

Easy access from  
1-71, 1-75 and 1-275

### Practice Times/Days *Year Round*

Mondays & Wednesdays  
6:30-8:00 pm

### Practice Cost

\$10 Per Practice  
\$30 for 4 Practices  
\$60 for 10 Practices  
\$100 for 20 Practices  
\$180 for 40 Practices  
50% for 2nd Sibling

## PERFECTING THE BASICS

Ask me about Private Lessons  
One on One or Small Groups  
Please contact Coach Jones  
For more information  
513.678.9833

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:***

Don Jones

We also accept Credit Cards

*\*Call Don Jones\**

Send Application to:

Don Jones

**TEAM JONES**

3704 Green Haven Way  
Maineville, OH 45039

**513.678.9833**