



### **What do you get from The Ernie Jones Wrestling Camp?**

You will be coached by coaches and taught by teachers. The Jones family including Ernie (patriarch), Shawn, Biff, and Rodney (brothers) have over 100 years of coaching experience combined as well as a 100 years of teaching experience combined.

For complete bios and accomplishments you can visit [www.j4wrestling.com](http://www.j4wrestling.com)

As well as having over 100 years of coaching and teaching experience combined. There is not disagreeing that the Jones Family of Coaches have been successful. Teams coached by one of the Jones' includes Booker T. Washington, Tulsa Webster, Choctaw, University of Oklahoma, Glenpool, Mustang, Sapulpa, Broken Arrow, and Cascia Hall. Each one of the brothers Shawn, Biff, and Rodney were All-American wrestlers in college. Coach Rod and The "Real Coach" Jones (Ernie) currently Coach at Broken Arrow High School and Coach Biff coaches at Jenks HS. Shawn has retired from coaching and is now in private business.

### **As Head Coaches: 20 Team State Championships combined**

Ernie Jones - **8 Team State Championships** (Booker T. Washington / Tulesa Webester)

Shawn Jones - **9 Team State Championships** (Broken Arrow)

Biff Jones - **1 Team Sate Championships** (Glenpool)

Rodney Jones - **2 Team State Championships** (Broken Arrow)

If you are desire to not only learn wrestling but want to understand the ingredients of what it takes to be a CHAMPION, this camp is your opportunity. The Jones family has combined to win 20 Team State Championships and developed over 120 individual High School State Champions. This experience as coaches, teachers, and wrestlers is second to none in this area and its this experience you will be getting if sign up for the ERNIE JONES WRESTLING CAMP!

***“I have the utmost respect for the Jones family as coaches and mentors. Their accomplishments in coaching are second to none in the state of Oklahoma. If you want to get better this summer, make plans to attend the Ernie Jones Wrestling camp and let them share their passion and expertise with you.”***

**Jared Frayer  
Associate Head Coach (Virginia Tech),  
2012 Olympian, NCAA Finalist (OU), 2x NCAA All-American,  
Big 12 Champion**

### **What type of camp is this?**

The Jones' have lead camps and clinics all over the nation from California to New York for more than 30 years.

There are different types of camps and you should know what you are signing up for.

### **CELEBRITY CAMP**

- This is not a ***“Celebrity Camp”***, where you bring in a current college wrestling star and he shares a few of his latest and hottest techniques that he's been developing and having success with. These types of camps are great and J4Wrestling even host these types of events from time to time. To be a CHAMPION in wrestling you need a plan or system and this plan has to be ***rooted in the fundamentals***. From this foundation of efficiently being able to execute these ***fundamentals*** will allow you to continue to improve and be successful at every level. At this type of “Celebrity Camps” you will see some amazing techniques from current star wrestlers who have already developed the fundamental skills over their careers and now have the ability to execute more advanced skills and positions because they have already ***mastered the fundamentals***. We encourage you to find a camp that meets your experience and skill level. THE ERNIE JONES WRESTLING CAMP will not be a hodgepodge of high level techniques but instead will lay the foundations of the ***essential fundamental skills*** to be a CHAMPION.

### **INTENSE CAMP**

- It's not an ***“Intense Training Camp”*** either. It's our goal and passion that every wrestler who attends will end the 3 1/2 days of camp loving the sport and be more excited for the next wrestling season. We like to say we are putting ***“The FUN into the FUNdamentals.”***

### **COLLEGE CAMP**

- Most major universities in this area offer Summer Wrestling Camps. With experience at every level in regards to ***“College Camps”*** from being a counselor to coach and director of a major universities summer camps we truly believe that these are great opportunities. The College Camp will be beneficial for the older more experienced wrestler because it might require

staying over night. In addition to this factor, also understand that your wrestler will have more leisure time at these camps than mat time being away from home.

### **OLYMPIC STYLE SPECIFIC CAMP**

- If you have a wrestler who has qualified for one of the various national events that take place over the summer the Ernie Jones Wrestling Camp is designed to teach the ***basics and fundamentals*** as they apply to Folk-style wrestling. It is not a “***Olympic Style Specific Camp***”. Although we have had wrestlers that attended camp that were training for a summer competition and found the camp beneficial in their preparation. We have wrestlers that are training for one of these summer tournaments and we feel that if you are doing this then you are getting quality time on the mat. If you are not planning on attending summer competition and you want to improve your wrestling skills then you should consider attending this camp.

### **KIDS CAMP**

- We don't call it a “***Kids Camp***”, although the camp over 23 years has developed into mostly younger kids or kids with very little and even no experience. Although it is extremely beneficial for this age of wrestler, we also believe it is as beneficial for older and experienced wrestlers as well because the quest to become a better wrestler will always include becoming very efficient with the ***basics and fundamentals***. It takes practicing, repetition, adjustments, and an experienced coach who can critique and communicate effectively the necessary corrections to make improvements. In your wrestling journey you will never stop making corrections and adjustments and you should ***never stop mastering the basics and fundamentals***.

### **The camp is for ALL AGES and EXPERIENCE LEVELS.**

***We believe the camp is for EVERYONE*** but if you have a younger kid or even a wrestler who has never wrestled and would like to be introduced to the sport in a friendly and fun atmosphere that's conducive to learning, the ERNIE JONES WRESTLING CAMP would be a great opportunity. We are very proud of the camp and The Jones family is beyond passionate about sharing their experience and knowledge with everyone.

**Tulsa's most established summer wrestling camp.**

### **Who should plan on attending the Ernie Jones Wrestling Camp?**

- If you live in or around Tulsa and you have a wrestler who doesn't want to sit around all summer without making improvements in wrestling, waiting around on next season, and wants to put in some time on the mats getting better at the essential skills needed to improve in an atmosphere that fits in perfectly around summer fun then you should consider this camp.

- If you have never wrestled before and would like to try and understand more why wrestling is the worlds oldest and greatest sport.
- If you are young and you only lack experience learning ***the basics and fundamentals*** that once you master will allow you to improve not just from this year to the next, but for the rest of your career.
- Winning and success is contagious. The Jones Family has created a tradition of winning and success. The Jones family of coaches has produced 20 State Championship teams and well over 120 Individual state champions and are still going. In your journey to be a CHAMPION you need to be around and learn from Coaches who have been CHAMPIONS at every level.

***“Tradition, Competitor, Winner... These are the 3 words that come to my mind when I think about my son Reeder’s experience with the Ernie Jones “Wrestlejones” camps. Reeder joined the wrestlejones tradition during his 5th grade year at Monte Cassino where he quickly learned to be a competitor and a winner not only on the mats but in the classroom as well. If you want your son or daughter to be part of this Tulsa wrestling tradition and learn how to be a competitor and win then you need to attend a wrestlejones camp.”***

Cheryl Ledbetter - Mom