



Team Weeklong
Camp

JEFF JORDAN'S STATE CHAMP CAMP LLC

Congratulations on being selected to attend Jeff Jordan's State Champ Camp! The talent of wrestlers that are attending is unbelievable. There will be numerous State Champions, State Placers, State Qualifiers, and District Qualifiers in attendance. The Jeff Jordan's State Champ Camp has helped produce thousands of State Champs since 1995. We are looking forward to working with you in your quest to become a State Champion.

Camp Expectations:

Hard Work, Good Attitude, & Intensity

Come in shape so you can achieve the level of intensity expected from you!

Things Not Allowed At Camp:

- Car- Please have your parents or coach drop you off at camp. Athletes are not allowed to drive.
- No alcohol or any type of drugs
- No games or athletic balls (Spike Ball, Footballs, Basketballs)

If any athlete is disrespectful or uncooperative to any person at camp, they will be sent home immediately.

Check-In Time: Sunday 6:30 - 7:00 pm (Please no check-ins before 6:15 pm)

Check-Out Time: Thursday 1:30 pm (Last session will run from 12:00 - 1:30 pm)

Address: Facility Location TBA (All facilities are within 15 minutes from Urbana, Ohio)

Please contact us with any questions regarding your camp placement.

Email: Info@jordantrained.com Phone: (937) 788-2161

Team Weeklong Schedule

Sunday

6:30 pm	Check-In
7:00 – 9:00 pm	Session 1 <ul style="list-style-type: none">• (Rules & Introductions, Live Wrestling)
10:00 pm	Pizza (Optional)
10:30 pm	Lights Out

Monday - Wednesday

7:15 am	Wake-Up
7:30 am	Daily Run
8:00 am	Breakfast
9:15 – 11:15 am	Session 2, 5, & 8 <ul style="list-style-type: none">• (Technique / Intense Drilling)
12:00 pm (noon)	Lunch
2:00 – 4:00 pm	Session 3, 6, & 9 <ul style="list-style-type: none">• (Technique / Intense Drilling)
5:00 pm	Dinner
6:30 – 8:30 pm	Session 4, 7, & 10 <ul style="list-style-type: none">• (Live Wrestling)
10:00 pm	Pizza (Optional)
10:30 pm	Lights Out

Thursday

7:15 am	Wake-Up
7:30 am	Daily Run
8:00 am	Breakfast
9:15 – 11:15 am	Session 11 <ul style="list-style-type: none">• (Technique, Review, & Intense Drilling)
11:15 am	Lunch
12:00 – 1:30 pm	Session 12 <ul style="list-style-type: none">• (Technique & 30 Minute Hard Drill)



Jordan Camp Packing List

Weeklong / Team Camp	Youth Camp	Girls Camp	Top & Bottom Camp	Spring / Fall / Winter Camp
12 Sessions	6 Sessions	6 Sessions	5 Sessions	5 Sessions

Our facilities are best suited for gym bags.

- Wrestling Shoes
- Head Gear
- Running Shoes
- Shower Shoes (If desired)
- T-Shirts
- Long Sleeve T-Shirts
- Shorts
- Sweatpants
- Socks & Underwear
- Singlet (Singlet Night Practice, Optional)
- Towels
- Toiletries (Soap, Deodorant, Toothbrush, Toothpaste, Lotion, ETC.)
- One Roll of Athletic Finger Tape
- Sleeping Bag (**Air Mattresses are accepted as well, please do not bring a cot**)
- Pillow
- Plastic Bags for Dirty Clothes (laundry is not provided)
- Spending Money
 - Pizza in the Evening
 - Pop and Gatorade in the Pop Machine
 - Camp Store – T-Shirts, Shorts, Knee pads, etc.

