

# 17th Annual Ernie Jones' Cascia Hall ALL-AMERICAN WRESTLING CAMP

**Featuring  
All American Wrestlers & State Champion  
Coaches--Shawn, Biff, and Rodney Jones**



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*The Jones family combined have won a total of 15 high school State Championships, and their wrestlers have a combined total of 123 Individual titles.*

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**MONDAY – FRIDAY, JUNE 19 - 23, 2017**

**Monday - Thursday, 9:00 AM to 2:00 PM • Friday, 9:00 AM to 1:00 PM**

**CASCIA HALL UPPER SCHOOL GYM**

**2520 South Yorktown Avenue • Tulsa, OK 74114-2803**

Ernie Jones' Cascia Hall All American Camp offers a week long wrestling camp that is formatted from the same program that has produced team and individual state champions. The camp is designed for wrestlers of all skill levels who want to improve themselves both on and off the mat!

- ◆ Any age if mature enough to listen
- ◆ Gear - Wrestling workout clothes  
Wrestling shoes  
Head gear (optional)
- ◆ Cost - \$165 per wrestler
- ◆ Bring – Sack lunch except on Friday  
\$\$\$ for drinks

## ◆ CAMP SCHEDULE ◆

Each day will feature a member of the camp staff who will teach, demonstrate, and practice with the wrestlers the techniques and knowledge that has made him successful at the highest level of wrestling.

**SPECIAL NOTE: EACH DAY WILL FEATURE GOVERNED COMPETITIONS. CASCIA VARSITY WRESTLERS WILL EACH HAVE A TEAM AND COMPETE FOR THE CAMP CHAMPIONSHIP ON FRIDAY.**

**Session 1     9 AM to 10:30 AM**

Review previous instruction: drills and techniques

**Session 2     10:30 AM to 12:30 PM**

Competition and lunch

Friday sessions end at noon with pizza party following.

**Session 3     12:30 PM to 2 PM**

New Instruction: drills & techniques

Friday sessions end at noon with pizza party following.

## **ENROLLMENT IS LIMITED**

Questions: Coach Ernie Jones, 918-607-7174, [ejones@casciahall.com](mailto:ejones@casciahall.com) or  
Coach Rodney Jones, 918-519-4243, [yendor99@yahoo.com](mailto:yendor99@yahoo.com)

## ◆ ABOUT THE CAMP STAFF ◆

### **ERNIE JONES - CAMP DIRECTOR**

The Cascia Hall wrestling program is now 18 years old. From its beginning in 1999-2000 it has made tremendous progress. The program has produced 11 individual state champions who have amassed a total of 23 state titles. The program has had 7 individual runners-up and 17 placers. The team has finished in the top 10 five times and top five 11 times, with two state runner-up finishes in 2008 and 2010. In dual competition, Cascia averages 25 wins a season and has finished second in Dual State three times in the last five years. This is significant because 95% of the Cascia wrestlers had no experience prior to entering Cascia as sixth graders. Coach Jones and his sons, Shawn, Biff, and Rodney (see bios) know the value of fundamentals. The Jones brothers have been on the mat since they were four years old and have been exposed to some of the greatest coaching and competition in the nation. As head coaches, all three sons have won team State Championships at their individual schools. No other family in state history can make such a statement. It is their intention that each camp attendee come away with a deeper knowledge of the art of wrestling.

- 2013 NHSCA Nominee for Coach of the Year
- \* 2012 Regional Championship
- \* 2010 Second Traditional State Championship
- \* 2010 Second Dual State Championship
- \* 2009 V.E. "Onions" Martin Award for Dedication and Contribution
- \* 2009 Academic State Champions
- \* 2008 Academic State Champions
- \* 8X High School Team Championships
- \* 14X Second in State Championships
- \* Teams finished in top 5 in State 29 times.
- \* Dual Record - Over 500 dual victories
- \* Oklahoma Coaches Association Hall of Fame, 2005
- \* National Wrestling Hall of Fame, 1995
- \* Booker T. Washington Hall of Fame, 2000
- \* 4X OCA Coach of the Year
- \* Coach Jones has had 31 wrestlers win individual State Championships, producing a total of 53 individual State Championships
- \* Seven wrestlers have been voted the Outstanding Wrestler in the State
- \* Most Important Accomplishment - Three sons. All were collegiate All-American wrestlers and now State Champion Coaches, teachers, husbands, and fathers.

## **ASSISTANT COACHES**

### **SHAWN JONES**

#### **Head Coach, Broken Arrow High School**

2017 6A Coach of the Year  
2015 State Champion, Regional, District  
2012 State Champion, Regional, District  
2011 State Champion, Regional, Dual State, District  
2010 Head Coach of 6A State Champions Broken Arrow  
2010 Tulsa World Metro Coach of the Year  
2010 Region 7 Coach of the Year  
2009 NE Okla. Official Association GA Coach of the Year  
2008 Region 7 Coach of the Year  
2008 Tulsa World Metro Coach of the Year  
Head Wrestling Coach, Broken Arrow HS, 2005-Present  
Broken Arrow team nationally ranked for last 10 years  
Coached 70 State Placers, 45 State Finalist, and 32 State Champions in HS  
1993 NAIA All-American

### **RODNEY JONES**

#### **Asst. Coach, Broken Arrow High School**

2008 5A Oklahoma Assistant Coach of the Year  
Assistant Coach, Broken Arrow HS, 2005-Present  
Coached 14 State Placers, 12 State Finalist, and 15 State Champions in HS  
2008 5A Dual State Champions  
1999-2004 Assistant Wrestling Coach, OU  
2002 Big 12 Champions  
Coached 11 Big-12 Champions, 21 NCAA All-Americans, and 4 NCAA Champs at OU  
1999 NCAA Runner-Up  
1997-1999 3 X NCAA All-American, OU  
1996-1999 4 Year Letter Winner, OU

### **BIFF JONES**

#### **Assistant Coach, Broken Arrow H.S.**

2011 District Champions  
2007 Region 7 Coach of the Year  
2004 Tulsa World Metro Coach of the Year  
2003 3A Oklahoma Coach of the Year  
Head Wrestling Coach, Sapulpa HS, 2005-Present  
Coached 40 State Placers, 20 State Finalist, and 14 State Champions in HS  
2006 and 2007 District Champions  
2005 Head Wrestling Coach, Glenpool HS  
2005 Regional Champions, District Champions  
2004 3A State Runner-Ups, District Champions  
2003 3A State Champions, Regional Champions  
1996 Big 8 Runner-up, OU Letter Winner  
1993 NCAA Div. II All-American, University of Central OK  
NCAA Freshman All-American Team  
1991 Oklahoma State Runner-Up

# ERNIE JONES' CASCIA HALL ALL AMERICAN WRESTLING CAMP 2017

One hundred wrestlers attended last year and had a great time learning from the best!  
Join us this year!



## REGISTRATION FORM

PLEASE PRINT (Front & Back)

Name \_\_\_\_\_  
Last First

Parents' Name \_\_\_\_\_

Home Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Applicant's Phone \_\_\_\_\_  
Home Parents Daytime

Parent E-mail \_\_\_\_\_

School Attending 2017-18 \_\_\_\_\_ Grade \_\_\_\_\_

Age \_\_\_\_\_ Weight \_\_\_\_\_ Wrestling Experience - # of Yrs \_\_\_\_\_

Yes, I would like to order a camp T-shirt @ \$15 each!

ADULT SIZE \_\_\_\_\_ QTY \_\_\_\_\_ YOUTH SIZE \_\_\_\_\_ QTY \_\_\_\_\_

CAMP FEE \$165.00 plus T-SHIRT TOTAL \$ \_\_\_\_\_ = GRAND TOTAL \$ \_\_\_\_\_

\* MAKE CHECK PAYABLE TO ERNIE JONES \*

**Mail check and completed form (both sides) to:**

**ERNIE JONES  
Cascia Hall Preparatory School, 2520 South Yorktown Avenue, Tulsa, OK 74114**

**ERNIE JONES'  
CASCIA HALL ALL AMERICAN  
WRESTLING CAMP 2017**



**MEDICAL SERVICE AUTHORIZATION & RELEASE FORM**

**PLEASE PRINT (Front & Back):**

I, \_\_\_\_\_, hereby give permission to Ernie Jones' Cascia Hall All American Wrestling Camp and its representatives, to engage the services of a qualified physician in the event of illness or injury to my child,

\_\_\_\_\_  
(child's last name)

\_\_\_\_\_  
(first)

\_\_\_\_\_  
(middle)

I will be responsible for any and all costs of medical attention and treatment of my child. I remove Cascia Hall Preparatory School, the wrestling camp and its representatives from any liability for injury associated with the activities of the wrestling camp.

Contact (other than physician) if unable to reach parent/guardian:

Name \_\_\_\_\_ Relationship \_\_\_\_\_

Phone Number(s) \_\_\_\_\_

Preferred Hospital \_\_\_\_\_

Medical Insurance Company \_\_\_\_\_

Policy/Group Number \_\_\_\_\_

Dental Insurance Company \_\_\_\_\_

X \_\_\_\_\_  
Parent/Guardian Signature Date

**Mail check and completed form (both sides) to:**

**Ernie Jones  
Cascia Hall Preparatory School,  
2520 South Yorktown Avenue  
Tulsa, OK 74114-2803**