



**Jeff Jordan's
State Champ Camp LLC
Winter Camp – Dec. 30-31, 2010**



December 30-31, 2010

Jeff Jordan's State Champ Camp, LLC, is now offering a **Winter Break Camp** designed as a review of what was covered in the summer camps: the basic techniques needed for wrestlers to win a state title. These techniques deal primarily with takedowns. We will be covering the double leg, inside single, outside single, and high crotch. Along with these techniques we will emphasize the set-ups and finishes to these shots. All takedowns will be incorporated into a drilling workout that is extremely intense. **This camp will feature additional live wrestling and intense drilling designed to amplify each wrestler's performance as they enter into the heart of their competitive season.**

This unique training experience will be offered for one weekend only, Dec. 30-31, 2010. If you would like to attend our Winter Break Camp we strongly urge you to get your application in immediately to help reserve a spot for you. We are looking forward to training you in your quest to be the ultimate...A State Champion.

Winter Break Application Dec. 30-31, 2010

Name _____

Age _____ Weight _____ Grade in Fall _____

School _____ Record & Accomp. _____

Address _____

City _____ State _____ Zip _____

Phone (____) _____ E-mail _____

Application Deadline: December 20, 2010

Schedule: Dec. 30th Session 1, 10am-12pm, Session 2, 2pm-4pm, Session 3, 7pm-9pm
Dec. 31st Session 4, 9am-11am.

** **Check-in:** Thursday morning 9:30 a.m. (First session 10:00 a.m.)

** **Check-out:** Friday 11:00 a.m. (Parents are encouraged to attend and film the last work out session on Friday at 10:00 a.m.)

Cost: \$175.00 Make check payable to:
Jeff Jordan's State Champ Camp

Deposit: \$75.00 (Balance of \$100.00 due upon arrival)

Mail to: Jeff Jordan

1954 Neff Road (937) 788-2161
Urbana, OH 43078

www.jordantrained.com