

Biography

Ray Jones

Ray has been involved with weight training for over 30 years. For the past 24 years he has implemented fitness programs in the community and organized over 200 weight lifting events and exhibitions. He has also been an adjunct professor for weight training at USCB for 17 years.

Ray is certified as a Personal Trainer through the National Academy of Sports Medicine. He is certified as a senior coach through USA Weightlifting Organization. He is also a National Referee certified through American Drug-Free Power Lifting Association. Throughout Ray's career he has coached numerous national and world power lifting athletes and trained body builders from amateur to professional ranks. He has been a strength coach for "world class" to amateur athletes for many sports.

For the 9 years he has directed "Team Beaufort", An Olympic weightlifting program with emphasis on guiding youth. He has introduced fitness and weight training in school programs to over 500 students. In 2001 he was selected Amateur Athletic Union's national weightlifting "Coach of the Year". As head coach for Team Beaufort, they were awarded the 200 AAU national team champions for the 13 & under boys and 2001, 2002, 2003, 2004 AAU "Overall Boys National Team Champions".

Ray's driving force for "Team Beaufort" is to make a "positive difference" in the life of a child.

Ray and his wife Laura have been married for 18 years, they have one daughter named Bailee. They live in Beaufort and Ray looks forward to serving the community they call home.

