

# Mat Monsters WRESTLING CLUB

**CLUB INFO:** **Male & Female Students Entering Grades 1-8**  
**June 5 – August 30, 2017**

**(12 weeks!)**

**Mondays and Wednesdays**

**6:30pm – 8:00pm**

**WHERE:** **Los Al HS Wrestling Room**  
Located behind the Girls Softball Field  
3591 Cerritos Ave., Los Alamitos, 90720

**COST:** **\$50**



This club will run by Head Coach Pat Cadwallader who has been coaching wrestling for 13 years (7 years at Los Alamitos High School). Coach Cadwallader has coached at the state and national level including state and national champions.

The wrestling program has won 6 Sunset league team championships, 51 Sunset league individual champions, 15 individual CIF champions, 64 CIF individual placers, 6 California individual state placers and 14 1<sup>st</sup> team all-Orange County recipients.

The club will cover the basics of wrestling for novice, conditioning drills, and fun grappling games.

**Registration: Go to [www.LAEF4kids.org/programs](http://www.LAEF4kids.org/programs)**

**Click on “All Summer Camps”**

**Choose “Mat Monsters (June 5-August 30)” from the “Season” pull-down menu, then click “Apply Filter”**

**You may also select “Pat Cadwallader” in the “Instructor” pull-down menu to further filter the camps.**

**Create a profile and sign up!**

Questions ?  
Visit [LAEF4kids.org](http://LAEF4kids.org)

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