

# Mat Monsters WRESTLING CLUB

**CLUB INFO:** **Male & Female Students, Grades K-8**  
**November 13, 2017 – March 14, 2018 (4 months!)**  
**Mondays, Wednesdays and Fridays**  
**6:00pm – 7:00pm (Grades K-3, 70lbs or lighter)**  
**7:00pm – 8:30pm (Grades 4-8)**

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

**COST:** **\$100**



This club will run by Head Coach Pat Cadwallader who has been coaching wrestling for 13 years (8 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, advanced technique for experienced wrestlers, conditioning drills, and fun grappling games.

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

**Click on the registration link, Then choose: “Mat Monsters”**  
**Then Select: Mat Monsters (Nov. 13 – Mar. 14)**  
**Create a profile and sign up!**