

Mat Monsters WRESTLING CLUB

CLUB INFO: **Male & Female Students, Grades K-8**
February 21, 2018 – May 9, 2018 (12 weeks!)
Mondays & Wednesdays
5:30pm – 7:00pm (Grades K-3, 70lbs or lighter) &
(Grades 4-8, 75lbs or more)

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 1st 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

Click on the registration link, Then choose: “Mat Monsters”
Then Select: Mat Monsters (Feb. 21 – May 9)
Create a profile and sign up!