

**2018**

# Los Al HS Coach Pat Cadwallader SUMMER WRESTLING CAMP

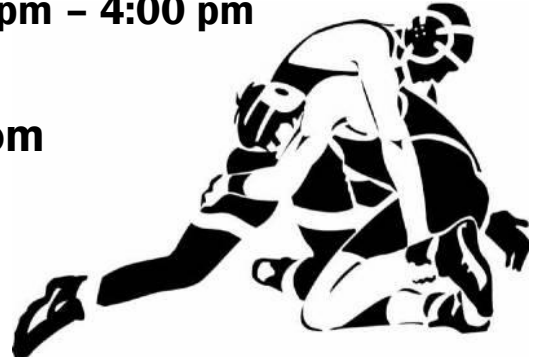
## Male & Female Students Entering Grades 6-12

**Date:** July 16-20

**Time:** 9:00 am – 11:00 am **and** 2:00 pm – 4:00 pm

**Where:** Los Alamitos Wrestling Room

**Fee:** \$150



**This Summer Camp will be run by Coach Pat Cadwallader** who has been coaching wrestling for 14 years (8 years at Los Alamitos High School). He has coached CIF State, Masters, and CIF Champions; as well as USA Wrestling Cadet and Junior National Champions. Coach Cadwallader is a 5 x national champion within the various wrestling disciplines (Greco-Roman, Freestyle, Folkstyle) and had represented the United States on two Age Group Greco-Roman World Teams.

**The camp 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 “All Summer Camps”

Choose “Summer Sports Camps 2018” from the “Season” pull-down menu, then click “Apply Filter”  
You may also select the Coach’s name, “Pat Cadwallader” in the “Instructor” pull-down menu to further filter the camps.

Find your session(s), create a profile/log-in and sign up!

Questions? E-mail Pat at [PCadwallader@losal.org](mailto:PCadwallader@losal.org)

Proudly presented by:

