

**2019**

# Los Al HS Coach Mark Anthony Ruiz SUMMER WRESTLING CAMP

## Male & Female Students Entering Grades 6-12

**Date:** July 15-19

**Time:** 2:00 pm – 4:00 pm

**Where:** Oak Multi Purpose Room  
10821 Oak St., Los Alamitos, CA 90720

**Fee:** \$150



This Summer Camp will be run by Head Coach, Mark Anthony Ruiz.



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 2019” from the “Season” pull-down menu, then click “Apply Filter”  
You may select the Coach’s name, “Mark Anthony Ruiz” 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 Mark at [markanthony@century21.com](mailto:markanthony@century21.com)

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