



FUNDAMENTALS & WEIGHT TRAINING

GRADES 6 TO 8

HOSTED BY THE LOS ALAMITOS FOOTBALL COACHES



February 27th to March 28th

Tuesdays and Thursdays

LAHS Football Weight Room

4:00 pm to 5:00 pm

Cost \$275.

Registration: Go to LAEF4kids.org/clinics

Click on the registration link,

Then choose: "Sports Clinics & Clinics in the Arts 2024"

Then Select: Fundamentals & Weight Training Clinic (Feb. 27 – Mar. 28)

Create a profile and sign up!

Questions ? E-mail Coach TJ Fenton. TFenton@losal.org

Registration Questions? E-mail programdirector@LAEF4kids.org or call 562-799-4700 Ext. 80424