



LAEF

LOS ALAMITOS EDUCATION FOUNDATION



LOS AL

WRESTLING

JUNE 20- AUG 13

3:30 - 5:30

MON - THUR

- *WEIGHTLIFTING
- *CONDITIONING
- *BASIC MATSKILLS
- *PLYOMETRICS



**AFTERSCHOOL @
LOS ALAMITOS HIGH SCHOOL
WRESTLING ROOM
W/ HEAD COACH MARK RUIZ**

**GIRLS & BOYS
6-12 GRADE**

\$275

**REGISTRATION:
MICHAEL KAHN
PROGRAMDIRECTOR@LAEF.COM
562-799-4700 EXT 80424**

**prepare your new wrestler with the basic techniques
and skills needed to compete in high school wrestling.**

Register today at:

www.laef4kids.org/summer