

PADRE WRESTLING CLUB

A Club Dedicated to Developing kids & Wrestling in The San Mateo County Since 2005!

OBJECTIVE: Our goal is to provide an age appropriate introduction to amateur wrestling. We intend to develop the total athlete and person. To provide kids an opportunity to develop physically, mentally and socially. This program will provide them with the option of specializing in a specific sport in high school or college if they so desire. For kids we utilize a game centered approach to teaching wrestling. The high school program is intended to be a challenging and enjoyable curriculum. Competition is not emphasized. Practice sessions include: social and skill development, strength work, conditioning, position drills, game centered activities and live wrestling.

*Elementary, middle & high school wrestlers

WHEN: Fall Season Begins: Monday October 20, 2008 Mon. & Wed. 5:00-6:30pm:
Spring K-8th Season Begins: Wednesday March 11, 2009 Mon. & Wed. 5:00-6:30pm
Spring 9th-12th Season Begins: March 9th Mon. Tue, & Wed. 3:15 - 4:45pm

WHERE: Junípero Serra High School - Wrestling Room
451 W. 20th Ave. (under stadium bleachers)
San Mateo, CA 94403

REQUIRED: \$75 club fee includes: USA Competitors Card, Insurance, enrollment, instruction, team gear.
Download Application at: www.padrewrestling.com

COACHES: Mike Klobuchar - Serra H.S. Ricardo García - Serra H.S.
(650) 393-4734 (408) 910-5835
padrewrestlingclub@gmail.com rgarcia@serrahs.com

EVENTS: Elementary/Middle School

*3 X Dual Meets - Wednesdays in April

*League Championship Tournament - May 9, 2009 Half Moon Bay High School

High School

*Frosh/Soph State Championships - March 20-22, 2009: Fresno, CA

*CAUSA Junior State Freestyle Championships - March 27-29, 2009: Fresno, CA

*BAWA FR/GR Championships - Friday, April 3, 2009: Serra H.S.

*74th Far Western FR/GR Championships - Saturday, April 25, 2009: Serra H.S.

*CAUSA Cadet State Freestyle Championships - June 6-8, 2009: Fresno, CA