

# San Dimas High School

## Boys Wrestling!



**Start training now in the summer and learn the basic fundamentals needed before the season starts. Don't miss out on what will be another incredible season for the boys wrestling program!**  
**Summer practices start Monday June 12<sup>th</sup>**

- **Must have a Physical on File with the SDHS Administration.**  
<https://www.sandimashigh.com/Forms/Athletics-Forms/index.html>
- **Email Coach Rodriguez and get on the emailing list for schedules & updates.**
- **Join the "Remind" App for critical real time notifications.**  
Class Name: SDHS Boys Wrestling    Class Code: sdhsboys
- **Have Wrestling, Running Shoes and Water for Practices.**

### **Coach Contact Information**

<b>Boys Head Coach:</b> Jim Rodriguez	cell: 626-252-7735	email: <a href="mailto:jrsdwrestling@verizon.net">jrsdwrestling@verizon.net</a>
<b>Boys Assistant Coach:</b> Efrain Gonzalez	cell: 626-483-9527	email: <a href="mailto:alphalionwc@gmail.com">alphalionwc@gmail.com</a>
<b>Boys Strength Coach:</b> Sean Hoodye	cell: 626-905-2664	email: <a href="mailto:seanhoodye@yahoo.com">seanhoodye@yahoo.com</a>
<b>Boys Assistant Coach:</b> Joe Alexander		email: <a href="mailto:joealexander1522@yahoo.com">joealexander1522@yahoo.com</a>

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