

San Dimas High School

Boys Wrestling!



INTERESTED IN WRESTLING?

Start learning the basic fundamentals and be a part of our program!

After School Meeting: Tuesday Aug 31st 3pm at the Wrestling Room.

PRE-Season practices and lifting begin Tues Sept 7th if you are not involved in a current Fall Sport. Contact the coaches for a copy of our practice schedule and get started!

Must have a physical on file with the High School:

(<http://www.sandimashigh.com/Forms/Athletics-Forms/index.html>)

Contact Information

Boys Head Coach: Jim Rodriguez

cell: 626-252-7735

email: jrsdwrestling@verizon.net

Boys Assistant Coach: Efrain Gonzalez

cell: 626-483-9527

email: alphalionwc@gmail.com

Boys Assistant Coach: James Farner

cell: 909-407-1036

email: jamesfarner3@gmail.com

Boys Strength Coach: Sean Hoodye

cell: 626-905-2664

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Twitter: <https://twitter.com/jrsdwrestling3>

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