

# San Dimas High School

## Boys Wrestling!



Start training this fall 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!

Fall pre-season practices start the week of Aug 25th

- 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

**Boys Head Coach:** Jim Rodriguez

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**Boys Assistant Coach:** Efrain Gonzalez

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**Boys Strength Coach:** Sean Hoodye

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**Boys Assistant Coach:** Joe Alexander

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