

GRIZZLY GRAPPLERS WRESTLING CAMP

WHEN

June 10 - 15, 2024

5:30 pm - 7:30 pm (M-F)

9:00 am—12:00 pm (Sat)

WHERE

Los Osos High School

6001 Milliken Avenue, Rancho Cucamonga, CA

Contact: Coach Brehmeyer

(909)938-9605

ososwrestling@gmail.com

Register using the QR Code

ACTIVITIES INCLUDE

Take Downs—Double, Single, High C

Tie Ups

Basic Throws

Top and Bottom Technique

Controlled Live Wrestling

Tournament on Saturday



**BOYS & GIRLS
AGES 5 -14**

**COME FOR A
DAY OR THE
WEEK**

\$150 for the week

Or \$30 per day

COACHING STAFF

Los Osos Wrestling Staff

Jeff Brehmeyer

Tom Bravo

Mark Gallego

Johnny Beserra

Los Osos Alumni

Los Osos Wrestlers

LEVELS

Beginners thru Advanced

**Contact Coach Brehmeyer for other
Wrestling Opportunities.**

(909) 938-9605

This activity is not endorsed or sponsored by the Etiwanda School District.

The flyer is not prepared at district expense.