

DHHS Girls Wrestling

Earn Physical Education (PE) Credit

During 1st semester there are **NO** competitions and **NO** mandatory after school practices.

Participants will learn wrestling technique and gain experience in the field of Self-Defense!

During 2nd semester, those continuing in the program will have an opportunity to join the legacy of fierce wrestlers and **COMPETE** for **DHHS**.



Contact Coach Ken Workman with questions:
kbworkman@capousd.org 949-683-9675 or use
Course Code 3350

Join our Team and Leave YOUR Legacy

Layla Donahoe, Class of 2020: placed 2nd in CIF (2019)

Loren Lecona, Class of 2022: placed 3rd in CIF (2019 and 2020)