

HENRY WRESTLING

SUMMER UPDATE



NO SUMMER BREAK HERE....

While many student athletes are enjoying summer break, Patrick Henry wrestlers continue to train and put in the hard work. Wrestlers have been strength training in the weight room and developing their skills on the mat. Henry Wrestling also hosted its 2nd

Annual SD Champ Camp, which featured top notch clinicians. The camp concluded with San Diego's first Beach Wrestling Championships. Patrick Henry CIF placer Aubrey Lund took first place in the 160U age group at 120-140lb weight class,





Abdullah Alshami took first in the 120lb 16U along with Anthony Mokhov in 2nd and freshman Alistar Santos in third. Incoming freshman Maverick Hamel Garcia placed 1st at 10/135 14U girls division. Senior Hondo Hamel took first at 133/155lb and freshman Caleb Arenz took 2nd in the 177lb weight class helping Patrick Henry Wrestling Club secure a first place at the tournament. The Pershing Lewis Middle School Wrestling Club which wrestles under the name Kumeyaay Trails Wrestling Club also had a good showing with six wrestlers most of whom placed.



PREPARATIONS FOR THE TEAM AHEAD OF THE SEASON

Both the girls and boys teams have been training hard and preparing for the upcoming season. Season preparations have included hosting two clinics, and competing in a number of off season tournaments and wrestling camps. Coaches have high expectations for this year and the program continues to build on the momentum from the previous seasons.

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HENRY AT D-DAY ON BROADWAY



Several PHHS Wrestlers competed in the off season tournament “D-Day on Broadway”, which took place on the Broadway Pier in downtown San Diego.

Wrestlers in photos: Junior Ethan Vinoray beat an Arizona state placer (2nd, 3rd) and a South Dakota state placer (3rd) en route to a 2nd place finish. Sophomore Nick Arumbala works for the fall. Sophomore Violet Gray secures the fall. Sophomore Justin Willard fighting for control.