PQ Pinners 8 Week Pre-Season Wrestling Program

September 1 - October 25

When: Tuesday, Thursday & Friday  
5:30pm to 7:30pm

Location: Mt. Carmel HS Wrestling Room  
Cost: $125 (Paid by 1st Week)

Make Checks Payable to: MCAF

For any questions, please contact: Allan Cabanilla ([allancabanilla@gmail.com](mailto:allancabanilla@gmail.com))

"It takes a village to raise tomorrow’s CHAMPIONS..."

- Gerry Abas

"The PQ Pinners Wrestling Program would like to welcome Gerry Abas! He will be running our pre-season wrestling program. He is excited to continue helping San Diego Section Wrestling. All are welcome and invited."

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