

Ed Le Cara

2007 SRVHS ATHLETIC HALL OF FAME

Dr. Edward Charles Le Cara, Class of 1991:

Dr. Edward Charles Le Cara is being honored for his achievements in Football, Wrestling, and Track & Field at SRVHS.

Ed was recognized for his athletic ability as an eighth grader at Charlotte Wood being awarded Athlete of the Year, a three-year Varsity starter as Fullback and Linebacker on the Football team, and he was a four-year member of the Wrestling team.

While on the Football team, he made second team All-EBAL during his Junior and Senior years – the team won the EBAL championship in his Senior year.

He obtained Scholar Athlete awards during his SRVHS career with a High School Wrestling record of 112-23. He was a two-year runner and went to state competition three times. He also wrestled Freestyle and went to state four times.

During sophomore, junior, and senior year he coached junior high students at Charlotte Wood and also played in the Who's Who in American High School.

Le Cara went on to wrestle Varsity for UC Davis and went to NCAA in his Junior and Senior years. An injury ended his college wrestling career.

Ed graduated UCLA with a BS in Exercise Science and Doctor of Chiropractic from Palmer West. He was head coach of the UCLA track team and the team was EBAL champs for year running.

Dr. Le Cara is the sole proprietor of a Chiropractic practice and holds national certifications as an Athletic Training Coach and Conditioning Coach.

Obviously Edward Le Cara has had an impact on SRVHS and apparently his education and experience at our school.