



Weekly Newsletter - 11/6/2022

Falcon of the Week

*** Chelsea Goldsby ***

Upcoming events

Practice

Tuesday, Thursday

Aylen Junior High

Beginners 6pm- 7pm

Advanced 7pm- 8:30pm

*No facilities available Wednesday due to Veterans day celebration preparations

Casino Night Committee Meeting:

Tuesday Nov, 8th

7pm After 1st Practice

Get final plans in place

Baskets, Baked goodies and setup time

FALCONS CASINO NIGHT

Saturday Nov 8th @ 5PM

1911 Chesney Rd E, Tacoma, WA 98445

We need your help in making this event a success!

Results from the past week

Thanks to all the families that came out and competed at today's wrestling event in Gig Harbor. You can see the growth in wrestlers attending practices and applying those lessons in tournaments.

Tournaments and Events

Next Saturday we will be attending the Round Robin hosted by the Yelm Twisters.

This will be a quick and hectic day for our Falcon families as we will also be holding our Casino night & Raffles that evening. Details to come as soon as we receive it.

Gear and Merchandise

Our team swag is now available. Please check out our facebook page for the link to the website where families can purchase our cool team swag!

General Information

To protect against skin fungus and bacteria please make sure that your athlete is showering after every practice and tournament as well as wearing clean clothes at every practice.

Coaching Staff

Thanks to the coaches that have completed the necessary requirement from USA wrestling and are out on the mats in practice as well tournaments helping grow our young wrestlers' awareness, technique and mental toughness. We greatly appreciate you!

If you are interested in getting on the mat and helping coach please go to USAWmembership.com create an account and complete the necessary requirements.

Uniforms

If you have your own Falcon singlet, wear it. If you have not already checked out a singlet, please see Coach Will.

I apologize for the delay in our gear order. Our vendor assures me he is doing everything he can to get it to us as soon as possible.

Coaches Corner

We would like your help in making sure your wrestlers are attending practice. The growth in those attending practice has been fun to watch. Please have those conversations with your wrestlers in explaining the importance of being a good partner and staying focused during practice.

Things wrestlers can work on at home:

*Stance and motion keeping their head up

*Sit out and creating a cage (caging up)