



Weekly Newsletter - 11/13/2022

Falcon of the Week

*** Westin LaRance ***

Upcoming events

Practice

Regular Schedule

Tuesday, Wednesday, Thursday

Aylen Junior High

Beginners 6pm- 7pm

Advanced 7pm- 8:30pm

FALCONS CASINO NIGHT

SUCCESS!

It was a great time! It was great to see all of you that came out and supported! We appreciate all of your help in making it such a fun and prosperous night for our club!

Results from the past week

Thanks to all the families that came out and competed at Saturdays wrestling event in Yelm. It was a busy and hectic day for our club. We commend and appreciate our families doing everything you do for your children. The growth in our wrestlers has been fun to watch over the past month. Keep up the good work Falcons!

Tournaments and Events

Next Saturday we will be attending the Round Robin hosted by the Sumner Panthers.

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 requirements from USA wrestling and are out on the mats in practice as well as helping coach at tournaments. Thanks for 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.

Coaches Corner

We would like your help in making sure your wrestlers are attending practice. The growth in those attending practice has been phenomenal 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 and hands up with our elbows in

*A simple level change in our stance. Just dropping our hips in our stance to be ready to take a shot

*Sit out and creating a cage (caging up)