

Weekly Newsletter

11/19/2023



Results from the past week:

Falcon of the Week

This weeks Falcon of the week is

Rita Tuani

Special thanks to all the families that came out to Yelm Saturday! Our Falcons are gaining great experience at these and using their technique!

Upcoming events

Practice @ Aylen Jr. High

Monday- Beginners 6-7pm; Advance 7-8:30pm

Tuesday- Beginners 6-7pm; Advance 7-8:30pm

Friday

Tough Guy Tournament

White River HS

Weigh-ins 7-8am - See flyer for details

Wrestling starts at 10am

Saturday

Turkey Tournament

Timberline High School

Weigh-ins 7-8am

Wrestling starts at 10am

Picture Day

Rescheduled

Aylen Jr High

Tuesday, November 28th - 6:30pm

Tournaments and Events

1st and 2nd Year wrestlers- \$15 Turkey Tourney

3+yrs wrestlers- \$25 Tough Guy Tourney

Pay your fee to Coach Will after weigh-in.

If you have any questions as to where you're wrestling this weekend ask me at practice and we'll get it figured out!

Thanks Coaches

We'd like to extend a Big Thank You to our coaches! We appreciate the time you give our kids!

Vince - Trevor - Will - Anthony

Austyn - Cameron - Chris

General Information

* We will continue to build our varsity roster with challenges continuing at practice this week.

* There are only a couple more events covered by the team. See list below for fees.

Holiday tournament -

Round Robin \$15 Bracket \$20

Varsity Duals- Team paid

JV/exhibition Duals- \$2

Rising Star Tournament- \$15

Sub-Division- \$20

Division- \$20

League Championships- Team paid

Auburn Backlash- \$20

Please continue to make sure that your athlete is showering immediately after all practices and matches as well as wearing clean clothes to every practice.

Competition Uniform

For competitions our uniform will be as follows:

Black shorts/sweatpants or Team shorts

Team Tees or team hoodie. **To wrestle**, wear your

Team Singlet/ Fight gear. Wear whatever socks make you happy!

If you have your own Falcons singlet, wear it.

If you do not have a singlet, you can check one out the morning of the tournament and then return it prior to leaving for the day.

Coach V's Corner

Awesome job at the Sasquatch Tournament

Falcons! I loved seeing so many of you push yourselves and get as many matches as you could!

Keep up the good work!

Things to work at home:

Mental preparation- Pick your best moves and create a plan on how to wrestle and use them in your next match.

Strength and Conditioning- Spend some time working on your bear crawl and crab walk! Let's keep working on our arm strength! Push yourself!