



Weekly Newsletter - 11/27/2022

Falcon of the Week

*** Trevor Richardson ***

Results from the past week

We had six Falcons compete in the Tough Guy tournament at White River Friday and they left it all on the mat. We had some ups and downs and in the end we came home with 3 of them crowned Champion.

***8u 110lb Champion- Jasper Vera**

***12u Girls 81- 87 lb Champion- Julieanna Imke**

***9 and Over 81 lb Champion- Trevor Richardson**

Thanks to all the families that came out to Olympia for the Turkey tournament! These are the kind of events that will grow our wrestlers and our club. We appreciate our families so much! The growth in our wrestlers has been more than fun to watch! Keep up the good work Falcons, the sky's the limit!

Upcoming events

***Varsity Duels Sunday 12/04/22**

Hosted by Puyallup Falcons*

Practice

This is an important week for the club with us hosting Varsity Duels. We have a great special guest coach coming in to assist us this week and we need all of our athletes to be at practice to prepare and help prepare teammates for this weekend's duels.

Beginners practice 6:15-7:15pm

Advanced 7:15-8:30pm

Tournaments and Events

We would like to continue to host tournaments and in order to do so we will need everyone's help in making this tournament a success! It has been 3 years since we have hosted an event and we will need every available person to step up and help out!

We will need help setting up the venue Saturday evening. Please see Will.

Please check out the sign up link below and select which items you can donate.

<https://www.signupgenius.com/go/10C094EA4AF2BA3F5C43-subdivision>

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!

Uniforms

Our gear order has started to trickle in. Hopefully we will receive it this week. I am hoping to receive the gear this week. We went with a new vendor this year and the communication and wait time has not been ideal. We apologize for the delay in our gear order and I wish there was something further we could do but it is out of our hands.

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

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. To those that have been in our wrestlers' corners this season your help is greatly appreciated!

Coaches Corner

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

Wrestlers homework:

*Push-ups, sit-ups, burpees and hip heists

*Stance and motion keeping their heads up, elbows in with a jab step and active hands.

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

*Sit out from bottom position and create their cage