



## Weekly Newsletter - 11/15/2021

### Upcoming events for this week

#### Practice

Tuesday, Wednesday, Thursday- Puyallup High School

Beginners 6pm- 7pm.

Advanced 7pm- 8:30pm.

We will have D1, All-American guest coach Jake Swartz coming to run practice Tuesday. He will also talk with parents and answer any questions about Fitness Quest in Puyallup. Tuesday, November 16th, we will have Singlet check-ins so please bring your singlet to practice. We also will be handing out flyers to go over our bed sheets fundraiser. So please make sure you're at practice

### Results from the past week

Great Job to all the Falcons who competed Saturday at Franklin Pierce! Everyone who wrestled showed a lot of heart and did well and had lots of fun.

We will continue varsity challenges this week also.

### Tournaments and Events

November 19th-20th will be the BigFoot Tournament. Good luck to the wrestler competing. Enjoy the weekend off if you do not go.

### Gear and Merchandise

All orders that have been paid for have been placed and we are hoping to have more information soon on when those should arrive.

The gear store is open.

### General Information

**Please make sure that your athlete is showering after every practice and wearing clean clothes to every practice.**

If your wrestler is not at the pace and understanding for the advanced practice, please do not have them attend that practice. The coaching staff needs to run this practice at a higher pace and athletes that cannot work at this pace are slowing down others.

Coaching - We'd like to say welcome and thank you to our new coaches: Angel Ledezma, Brian Smith, and Josh Wheeldon.

Thank you for putting in the time for the kids!

### Falcon of the Week

This week our Falcon of the week is

**Corbin Patchett**

### Uniform

For competition, the uniform will be as follows  
Black shorts/sweatpants or Team shorts  
Team Tee or team hoodie  
Team Singlet

Please 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. If you check one out, you MUST return it prior to leaving for the day

### Coaches Corner

Your kids are doing great. We would like your help keeping the kids focused during practice. With this weekend off for some wrestlers, please take the time and keep training on your own.