

Weekly Newsletter -

10/29/2023



Results from the past week:

Falcon of the Week

This week our Falcon of the week is

Axton Rowsey

Thanks to all the families that came out and competed Saturday! The kids did great and it was good experience for our young wrestlers to learn perseverance.

Upcoming events

Practice @ Aylen Jr. High

Wednesday- All wrestlers 6pm- 7:30pm

Thursday- All wrestlers 6pm- 7:30pm

Saturday

Round Robin Match @ Fife

Weigh-ins 7am

Wrestling starts at 10am

Picture Day

Aylen Jr High

Tuesday, November 14th - 6:30pm

Tournaments and Events

We are at Fife Saturday for a Round Robin Match. All available wrestlers should be in Fife Saturday. Remember to qualify for the postseason you will need to weigh-in at 4 of our teams events. I'll send out the flyer for this weekend as soon as I receive one but weigh-ins should start at 7am and wrestling should start at 10am just like this past weekend.

Gear and Merchandise

Our gear store will be open for two weeks starting tomorrow. When the order is placed the gear should arrive about two weeks later.

General Information

Thank you for putting in the time for your kids!
We appreciate you parents!

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

We appreciate your help keeping the kids focused during practice and limiting distractions.

Competition Uniform

For competitions our uniform will be as follows:

Black shorts/sweatpants or Team shorts

Black T-Shirt until the Team Tees arrive or team

hoodie and 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.

Meet the Coaches

We'd like to say welcome and thank you to our new and returning coaches:

Vince - Trevor - Will - Anthony

Austyn - Cameron - Chris - Nate

Coaches V's Corner

Great work this weekend Falcons! It was exciting to see our wrestlers using the techniques we learned in practice. This week we'll be adding variations to many of our techniques!

Things for the wrestlers to be working on at home:
Stance and motion- Keep our heads up, elbows in and hands up and ready while shadow wrestling (shooting, sprawling, hand-fighting) in circular motions!

Sprawling- Hands go down to ground with weight on your hands/opponent while hips hit the ground kicking your feet back and stretching your legs out into a push up type position.