



Weekly Newsletter - 10/30/2022

Falcon of the Week

*** Jasper Vera ***

Upcoming events

Practice

Tuesday, Wednesday, Thursday:

Aylen Junior High

Beginners 6pm- 7pm

Advanced 7pm- 8:30pm

Coaches Clinic:

Friday Nov, 4th

From 5:30- 6:30pm

JackHammer Training facility

5520 112th St E Ste C2

Puyallup, WA 98373

Results from the past week

Thanks to all the families that came out and competed at Saturday's wrestling event at White River. The team did a great job and our young wrestlers gained some valuable experience!.

.Tournaments and Events

Next week on Sunday we will be attending the Round Robin tournament hosted by the Gig Harbor Grizzlies. Details to come as soon as we receive it.

Gear and Merchandise

Once we get more information regarding the shipment of our gear order, we will notify you.

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

We'd like to say welcome and thank you to our new coaches: Franky Aguilar, Angel Ledezma, Chris Mothershead, Anthony Portmann, Vince Harteau and

Thank you for putting in the time for the kids!

We have a great opportunity presented to us by former Falcon Club Director and current WSWA Schoolboy Director Steve Losee. He has offered to answer questions and assist with his coaching knowledge and techniques. I encourage our new coaches to attend!

Uniforms

If you have your own Falcon singlet, wear it. If you have not already checked out a singlet, please see Coach Will.

Coaches Corner

We would like your help in making sure your wrestlers are attending practice. The growth in those attending practice has been fun to watch.

Please have those conversations with your wrestlers in explaining the importance of being focused during practice.

Things wrestlers can work on at home:

*Stance and motion while keeping their head up with *level changes to create reactions and *downblocks and crossblocks to protect their legs from shots.