



## Weekly Newsletter - 11/01/2021

### Upcoming events for this week

#### Practice

Thursday- Ayleen Jr. High  
From 6:30 pm to 8:00 pm

Since we will only have one practice this week, please remind your wrestler to watch what they are eating and to stay conditioned.

This Thursday will be the last combined practice and then we will be splitting up the practices. 8U will be from 6pm- 7pm. 9O will be 7pm- 8:30pm.

### Results from the past week

Great Job to all the Falcons who competed Saturday at Yelm! It was a lot of fun and there was a lot of experience gained by our wrestlers in the many matches they were able to compete in. Let's keep getting better at practice and performing on the weekends!

### Tournaments and Events

We Have the Turkey Tournament for beginners and the Tough Guy Tournament for the advanced wrestlers coming up after our 4 round robins. Your wrestler will compete in one of the two and the coaches will determine which one the wrestler will go to. These two tournaments will also be the first ones not covered by the club.

### 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 - For those that have their coaching certifications, please bring your shoes and help out on the mats at practice!

Thank you for putting in the time for the kids!

### Falcon of the Week

This week our Falcon of the week is **Tripp Smith**

### 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 in keeping the focused during practice.

At home, your wrestler can work on  
Sprawl  
Duck Walks  
Shots.