



Weekly Newsletter - 11/10/2021

Upcoming events for this week

Practice

Wednesday- Puyallup High School

Beginners 6pm- 7pm.

Advanced 7pm- 8:30pm.

Tonight, November 10th, we will be starting challenges for our Varsity and JV spots.

Results from the past week

Great Job to all the Falcons who competed Saturday at Fife! 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.

Tournaments and Events

Round Robin at Franklin Pierce High School November 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!

Next week on Tuesday before practice we will be going over a new fundraiser that we will be starting,

Falcon of the Week

This week our Falcon of the week is

Arenndra Ledezma

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.

At home, your wrestler can work on

Sprawl

Duck Walks

Shots.