

Weekly Newsletter

11/12/2023



Results from the past week:

Falcon of the Week

This weeks Falcon of the week is

Trevor Richardson

Special thanks to all the families that came to Olympia Saturday! Our Falcons wrestled so tough utilizing a lot of different techniques!

Upcoming Events

Tuesday- Picture Day and Practice ALL

6:30pm- 8pm (*note arrival time*)

Wednesday- Off - No practice- Condition at home

Thursday- Everyone 6-8pm

(Littles may leave at 7pm if desired)

Saturday

Round Robin Match @ Yelm

Split wrestling groups

9over Weigh-ins 7-8am

9over Wrestle start 9am

8under weigh in 9:30-10:30am

8under Wrestle at 12-2:30

Picture Day

Aylen Jr High

Tuesday, November 14th - 6:30pm

Wear your singlet for individual pictures and your team t-shirt for the team picture along with black bottoms. If you do not have a singlet please reply and let me know asap so we have one for you at picture night!

Building our Varsity Dual team

This week we will begin challenges at all the competition weights from our 5yr olds and up!

Headgear is required for challenges.

We need all wrestlers at Practice both days this week to solidify our dual roster. This season our club will be hosting the Team Duals at AJH on Dec. 3rd. We request any available families to help set up for our duals on Sat. Dec. 2nd at AJH 5pm!

Gear and Merchandise

Wrestlers t-shirts have arrived! We'll pass the rest out at Picture night! The Gear store has closed and the order has been placed!

General Information

Remember to qualify for the postseason you will need to weigh-in at 4 of our teams events.

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

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

Competition Uniform

For competitions our uniform will be as follows:
Warm-up- Team t-shirt with Black shorts/sweatpants
To wrestle- Team Singlet/ Fight gear. Under shirts must be compression style shirt! Regular t-shirts are not allowed under singlets! Rock your socks!

Thanks Coaches

We'd like to extend a Big Thank You to our coaches! We really do appreciate you!

Vince - Trevor - Will - Anthony

Austyn - Cameron - Chris - Nate

Coach V's Corner

Another great tournament Falcons! The hard work we're putting in at practice is showing itself during our matches!

Things to work at home:

Stand ups- Practice your 'stand up' from the referee's position. Focus on speed! Clear your arm across as fast as possible and get to your feet while popping your hips out! Try your best to maintain good balance!

Strength and Conditioning- Try to wall sit for 30 seconds! Then try to do this 2 more times! Increasing our leg strength will really help us hit our moves with more power! Push yourself!