



Weekly Newsletter - 11/20/2022

Falcon of the Week

*** Kameron Mothershed***

Results from the past week

Thanks to all the families that came out and competed at Saturdays wrestling event in Sumner! We appreciate our families! The growth in our wrestlers has been fun to watch! Keep up the good work Falcons!

Upcoming events

Holiday Schedule Practice

This holiday week will be a short one with us practicing at the Jackhammer Training Center on Wednesday. We need all of our athletes to get some practice to prepare for this weekend's tournaments.

Please note the adjusted times.

JackHammer Training
5520 112th ST E Ste C2
Puyallup, WA 98373
Beginners practice 5-6:30pm
Advanced 6:30-8:00pm

Tournaments and Events

- 1) Beginners will be at Timberline HS Saturday for the Turkey tournament hosted by Olympia. \$15 fee and all wrestlers receive a medal. See flyer for details.
- 2) Our advanced wrestlers will be at White River this Friday competing at the Tough Guy Tournament. Double elimination tournament. \$30 fee. Satellite Weigh-ins for Tough Guy will be held Wednesday at Franklin Pierce High School, White River High School, NWWC and Mat Demon from 6-7pm. Satellite weigh-ins are at scratch weight while Friday's on-site weigh-ins at White River will have a 1lb allowance. See flyer for details.

Gear and Merchandise

Our team swag is now available. Please check out our facebook page for the link to the website where families can purchase our cool team swag!

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

If you are interested in getting on the mat and helping coach please go to USAWmembership.com create an account and complete the necessary requirements. Your help is greatly appreciated!

Uniforms

If you have your own Falcon singlet, wear it. If you have not already checked out a singlet, please see Coach Will. We apologize for the delay in our gear order.

Coaches Corner

We would like your help in making sure your wrestlers are attending practice. The growth in those attending practice has been exciting to watch. Please have those conversations with your wrestlers in explaining the importance of being a good partner and staying focused during practice.

Things wrestlers can work on at home:

- *Stance and motion keeping their heads up, elbows in and hands active.
- *A simple level change in our stance. Just dropping our hips in our stance to be ready to take a shot
- *Sit out from bottom position and create their cage