



Weekly Newsletter - 11/28/2021

Upcoming events for this week

Practice

Tuesday, Thursday- Puyallup High School

Wednesday- Bartelson's Facility.

Beginners 6pm- 7pm.

Advanced 7pm- 8:30pm.

We will be finishing our varsity challenges this week and will be naming our squad that will be competing this weekend up in Enumclaw at the SubDivision duels.

Results from the past week

Great Job to all the Falcons who competed Friday and Saturday at Tough Guy and the Turkey Tournament. We sent 10 Wrestlers to Tough Guy and our team came home with 8 placers. All 10 who competed did such a great job for such a tough tournament.

Tournaments and Events

SubDivisions 12/04/21 at Enumclaw

You will be notified if you are on varsity and will be attending this duel.

Gear and Merchandise

We got in most of the order, if you haven't received your order please talk to Will.

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!

Falcon of the Week

This week our Falcon of the week is

JuJu Imke

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. Things for the wrestlers to be working on at home: short jab with level change into good, deep penetration through the opponent. Also, work on your grip.