

# Weekly Newsletter

11/5/2023



## Results from the past week:

### Falcon of the Week

This weeks Falcon of the week is

### Willie 'Junior' Washington

Special thanks to all the families that came out to Fife and helped run tables Saturday! We greatly appreciate your contributions! It was great to see our Falcons wrestle tough and use their technique!

## Upcoming events

### Practice @ Aylen Jr. High

Tuesday- Beginners 6-7pm; Advance 7-8:30pm  
Wednesday- Beginners 6-7pm; Advance 7-8:30pm  
Thursday- Beginners 6-7pm; Advance 7-8:30pm

### Saturday

### Round Robin Match @ Olympia Timberline High School

Weigh-ins 7-8am  
Wrestling starts at 10am

### Picture Day

Aylen Jr High  
Tuesday, November 14th - 6:30pm

## Tournaments and Events

We are at Olympia Saturday for Round Robin #3. All available wrestlers should be in Olympia Saturday. Details available on the team website. Remember to qualify for the postseason you will need to weigh-in at 4 of our teams events.

## Gear and Merchandise

Our gear store will be open for one more week! Check the link and order some new gear at great prices. When the store closes the gear should arrive about two weeks later.

[http://www.puyallupfalcons.com/store/c7/2023-24\\_Gear.html#/](http://www.puyallupfalcons.com/store/c7/2023-24_Gear.html#/)

## General Information

Thank you for putting in the time for your kids!  
We appreciate you parents!

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.

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

## Competition Uniform

For competitions our uniform will be as follows:

Black shorts/sweatpants or Team shorts  
Black T-Shirt until the Team Tees arrive or team hoodie. **To wrestle**, wear your Team Singlet/ Fight gear. 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 and then return it prior to leaving for the day.

## Thanks Coaches

We'd like to extend a Big Thank You to our coaches!  
We appreciate the time you give our kids!  
Vince - Trevor - Will - Anthony  
Austyn - Cameron - Chris

## Coach V's Corner

Nice work at the tournament Falcons! I loved seeing our team wrestle with more intensity. That is something we will continue to work on throughout the season! Again a special Thanks to all those who helped with scorekeeping!

### **Things to work at home:**

**Stance and motion-** Keep our heads up and work on changing elevations and continuously moving. Make sure you can downblock touching the ground comfortably in your stance.

**Strength and Conditioning-** See how many Burpees, Push-ups and Frog jumps you can do in one minute. Push yourself!