



Weekly Newsletter - 12/06/2021

Upcoming events for this week

Practice

Tuesday, Wednesday, Thursday- Puyallup High School

Beginners 6pm- 7pm.
Advanced 7pm- 8:30pm.

Results from the past week

Thanks to all the families that came out and competed at Saturday's team duels. The team did a great job and it was a great experience for our young wrestlers.

Tournaments and Events

Next week on Sunday we will be attending the JV/exhibition tournament hosted out in University Place. Initially this tournament was canceled but thankfully UP stepped in and was able to get a facility. Information/flyer will be distributed as soon as we get it. The cost for this event will be covered by the team.

Gear and Merchandise

Gear order ships out this week and will be distributed as soon as we receive it.

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

Mikee Wagner

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.