



## Weekly Newsletter - 12/13/2021

### 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 Sunday. The team did a great job and it was a great experience for our wrestlers.

### Tournaments and Events

We will be up at Kent for both Saturday and Sunday. Be on the lookout for an email later this week letting you know which day your wrestler will be competing.

### 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 coach: Nick Henry.

Thank you for putting in the time for the kids!

### Falcon of the Week

This week our Falcon of the week is

**Ruby Tracer**

### 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.