



Weekly Newsletter - 11/3/2019

Upcoming events for this week

Practice

Monday, Wednesday & Thursday
6pm Beginners
7pm Advanced

Competition

11/9/19 - Round Robin for ALL wrestlers
White River High School
7am weigh-in - Wrestling starts at 9am

You MUST check in upon arrival and report your weight to the person with the clipboard

Results from the past week

Excellent job to the 57 Falcons that put it on the mat on Saturday at White River. Many outstanding performances!
Lets keep getting better at practice and performing on the weekends!

Tournaments and Events

We are hosting on 12/7. Please start thinking about what your contribution will be. If you are at Costco, please pick up things that can help the club like an extra case of water bottles, a case of Gatorade bottles or box of candy bars. These can be given to Robyn and she will store them until the tournament.

Gear and Merchandise

Elite Registration Gear Packs - All orders have been placed and will be here shortly.

Picture night will be Wednesday the 13th. ALL Wrestlers NEED to be at practice at 6pm!

This week, we will pass out picture package information. On Picture night, your athlete will get their team tee shirt.

The team Spiritwear store will be open soon. It will stay open for 2 weeks then close and gear will be here 2 weeks after that.

General Information

Please make sure that your athlete is showering after every practice and wearing clean clothes to every practice.

If you are a new Falcon and you have not turned in your birth certificate, please bring it this week to practice.

If you have outstanding balances with the club, please get those taken care of ASAP. Those with balances must take care of them this week or they will be invoiced with a late fee added.

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 - If you are wanting to help on the mats AT ALL, you MUST have your coaching credentials and background check done BEFORE stepping out on the mat. You can get more info from Will or Steve. If you have completed this information, please let us know by emailing director@puyallupfalcons.com

Hammer of the Week

Each week, the coaching staff will select an athlete that has shown effort, proficiency, skill and leadership on an off of the mat.

Uniform

For competition, the uniform will be as follows
Black shorts/sweatpants or Team shorts
Team Tee or team hoodie
WHITE socks
Team Singlet

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 in keeping the focused during practice.

At home, your wrestler can work on
Their Staggered Stance
Sprawl

Shadow Wrestling (in front of mirror)
Stand Up

We know that we are teaching at a fast pace, but with repetition, your wrestler will pick everything up.

#GoFalcons