

UPCOMING EVENTS

11/17 Round Robin @ Sumner
Lakeridge Middle School
5909 Myers Rd E
Bonney Lake 98391
ALL WRESTLERS
Weigh-ins open at 7am
The scales CLOSE at 8:30



PUYALLUP WRESTLING

11/11/18

Weekly Falcon Newsletter

PRACTICE INFO

Practice Wednesday and Thursday 6pm and 7pm
Wednesdays practice will have Special Guest Jake Swartz! Be there!

Make sure that your wrestler is attending the appropriate practice
ALL Wrestlers MUST weigh-in BEFORE they hit the mat

We need to continue with the focus on learning and discipline!

RESULTS

We had 55 Falcons kick butt this weekend.
We are proud of how all of you did

Win or lose, we saw all of our wrestlers putting
things learned into practice.

GENERAL

Invoices have been emailed out to
those with outstanding balances.

If not paid this week, a \$20 late fee will be added

Now that HS wrestling has started, I need to make
sure that ALL wrestlers are showering after practice

Wrestling shoes ONLY on the mat please!

Follow us on Facebook and Instagram

HAMMER OF THE WEEK

Each week a wrestler will be awarded the

Hammer of the week
for

Tournament result

Practice Effort

Leadership

Focus

This week's Hammer is
MADELINE DIXIE REPP



TOURNAMENTS AND EVENTS

At all tournaments that we go to, we have to man
a table. We need three volunteers at a time.
If you can volunteer, please let Robyn know by replying
to the newsletter email

Thank you to those that helped in Buckley!

Soon we will be asking for volunteers for 12/8
We are hosting the Varsity Duals and we need
ALL HANDS ON DECK

Holiday assignments

FOR THANKSGIVING WEEK

Advanced wrestlers will wrestle on FRIDAY
Novice and Beginners will wrestle on SATURDAY

You will be assigned to a tournament by the coaches
You MUST attend the tournament that you are assigned to

Fridays tournament is \$25 Paid to singlet parent
Saturdays tournament is \$20 paid to singlet parent

If you have questions - email coach@puyallupfalcons.com

TEAM GEAR

The team store is open until Friday
click the link at www.puyallupfalcons.com

Order your gear and Rep your team

Elite Packs will be here before Thanksgiving

Coaching Corner

The Coaches want to remind you to keep your kids focused
We are teaching at a fast pace but your kids are doing well.

Your Kids can (and should) be working at home

Stance

Standups

Peel and look away from Half

We are getting close to Varsity/JV wrestle offs. Make sure that your
wrestler is watching their weight and know what weight class they
will be wrestling in.