

UPCOMING EVENTS

12/1 Round Robin @ Enumclaw
VARSITY WRESTLERS MUST be there
AND ON THEIR VARSITY WEIGHT
ALL WRESTLERS
Weigh-ins open at 7am
The scales CLOSE at 8:30



PUYALLUP WRESTLING

11/25/18

Weekly Falcon Newsletter

PRACTICE INFO

Practice Monday and Thursday 6pm and 7pm
We will have Wrestle offs at practice for Varsity/JV/Ex

MANDATORY PARENT MEETING Wed 6:30PM

Pictures on Wednesday at 6pm ALL Wrestlers please be there at 6

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 dicipline!

RESULTS

Tough Guy on Friday was tough!
We had 20 Falcons give it their all
Congrats to our 9 placers including
Finalists Alex and Maddie
4th placers Bryce, Kalai and Mason
5th Placer Nick R
6th Placers Neva, Jackson and Carson

35 Turkeys took the mat in Bonney Lake
We could not be moreproud of you all!

Lets keep competing and improving!

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 wrestlin 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

TOURNAMENTS AND EVENTS

Thank you to those that have responded
to signup genius for 12/8
As you know, this year we are doing it different

Instead of asking you all to bring something for concessions
Robyn will be buying everything that is needed
To do this, we are asking for monetary dontations instead
If you can, please make your donations in one of two ways
1) to Robyn or Rachael at practice
2) on the website link
We need everyone to participate
We do not ask our team to fundraise, so we need your help
for this one event.

HAMMER OF THE WEEK

Each week a wrestler will be awarded the

Hammer of the week

for

Tournament result

Practice Effort

Leadership

Focus

This weeks Hammer is

Nick Richardson



TEAM GEAR

Elite Packs and Team Tees will be passed out at Picture Night

Gear ordered from the store will be here next week

The Holiday Tournament in Kent is a fun one and
once again, we will have our sun Holiday singlet.
If you would like to purchase one for your wrestler,
they will be on the store this week. Keep your Eyes Open
The design is a surprise!!!

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

This week and next are Varsity/JV wrestle offs. Make sure that your
wrestler is watching their weight and know what weight class they
will be wrestling in.