



# PUYALLUP WRESTLING

## UPCOMING EVENTS

12/22

WSWA Takedown Express

PRE-REGISTRATION IS SUGGESTED

You will need your USAW card to weigh-in

Link to Pre-reg is at top of webpage

12/16/18

Weekly Falcon Newsletter

## RESULTS

Great Job this weekend!

We had Falcons all over the place.

Saturday we had 40 wrestlers at Sumner and they all came to work!

We had one wrestler travel to Oregon for Battle for the Belts and he came home a Champion  
Congrats Corbin Strom

Sunday we had a few Falcons wrestle in Centralia and they all tore it up.

Mat Time will always pay off no matter where you get it.

## PRACTICE INFO

Practice Monday and Wednesday 5:45-7:15

All Wrestlers practice at the same time

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

## 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

Josaiah Tajjeron



## GENERAL

With the holidays here, please make sure that you are getting your rest and maintainig your weight.

Please make sure that you are attending as many practices as you can.

Varsity wrestlers you are expected to be at practice. You are the example and you set the tone.

## TEAM GEAR

All gear is here.

If you ordered something and do not have it, you can get it at practice. We will have it all with us

Pictures should be in soon and will be passed out at practice

We have extra of the team hats available for \$35.00

The PCJWL Holiday Tournament in Kent 12/29 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 are available online for \$40

Varsity wrestlers will be wearing them and can keep them if they pay for them  
Limited Quantities

## TOURNAMENTS AND EVENTS

We need to lock in who our table help will be for the following tournaments

12/29 - PCJWL Holiday

1/5 - Rising Star

1/12 - Subs at WR

1/19 - Div at Orting

1/16 - League at Tahoma

If you would volunteer to work the table at one or more of these events, please email us!

Thank you for being a great parent group!

## 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.

This week with combined practice, we will be breaking up the kids into groups. Please help us with this!