

UPCOMING EVENTS

12/29

PCJWL Holiday at Kentridge HS

ALL Wrestlers!

Awards for All RR and Top 3 Bracket

12/27 - Whos #1 High School Dual

Tahoma HS 6pm

Its going to be AWESOME

RESULTS

Great Job this weekend!
Kentlake HS was a fun day.



We had 14 wrestlers and
12 placers!!!



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.

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!



PUYALLUP WRESTLING

12/23/18

Weekly Falcon Newsletter

PRACTICE INFO

Practice 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

Tripp Smith



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

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!