

UPCOMING EVENTS

12/8 Varsity Duals
VARSITY WRESTLERS MUST be there
AND ON THEIR VARSITY WEIGHT

Weigh-ins are at 7:30 am as a team
If you are late, you will not wrestle



PUYALLUP WRESTLING

12/2/18

Weekly Falcon Newsletter

RESULTS

What a GREAT last round robin!
We are READY for the Duals!

Nice work to ALL of our FALCONS

GENERAL

It is VERY IMPORTANT that ALL
parents read and understand the
Challenge Procedures.

There will be NO exceptions to these rules.

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

TOURNAMENTS AND EVENTS

Thank you to those that have responded
to sign up genius for 12/8

It is here! We are hosting this week and
helping on Saturday is MANDATORY
EVEN IF YOUR CHILD IS NOT WRESTLING

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 donations 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.

PRACTICE INFO

Practice Monday, Wed and Thursday 6pm and 7pm
Challenges will be at 6:15 for 8U and 7:15 for 9U

Challenge Procedures are published and WILL be followed
If your wrestler is the Varsity, they MUST be at practice, or risk
forfeiting a challenge. This means that ALL 8U varsity should be ready
to wrestle at 6:15 if challenged.

Make sure that your wrestler is attending the appropriate practice

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

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

CORBIN STROM



TEAM GEAR

Elite Pack singlets are here. If you ordered a gear pack, see Rachael

Gear ordered from the store will be here soon

The Holiday Tournament in Kent is a fun one and
once again, we will have our own Holiday singlet.
If you would like to purchase one for your wrestler,
they are available in the store for \$40.

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 Challenges. Make sure that your
wrestler is watching their weight and know what weight class they
will be wrestling in.