

UPCOMING EVENTS

12/15 - Non Varsity Festival
Sumner HS

See List of participants on website
\$2 per wrestler
7am weigh in - 10am wrestling

12/16 - WSWA Holiday Folk
Centralia Sports HUB

\$20 per wrestler if pre-reg w coach Steve
7-8 weigh in - 10am wrestling

RESULTS

Varsity Duals were Great
Our Wrestlers are now seeded for post season
Congrats to

Jackson Losee and Mason Rodriguez
for going undefeated and earning the #1 seed
We will have 9 wrestlers with the #2 seed

Our parents are the real heros though.
We had a succesful day!

Thank you to Robyn for all of your hard work

GENERAL

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

Where do you fit in this Club?

We will soon be taking nominations for our club board
This year we have three positions up for election
VP (Director of Operations)
Director of Coaching Staff
Board Member at Large

If you have interest, please talk to Steve

TOURNAMENTS

AND EVENTS

THANK YOU

We pulled off a great tournament this weekend
and teh compliments were flowing!

From the parents who helped setup
to the ones that stayed for Tear down

The Brothers and Sisters that rant the concessions
The parents that kept score and helped with uniforms
The parents that directed traffic and emptied garbage

We said "All hands on deck" and you came through

Now lets all enjoy the rest of the season of wrestling



PUYALLUP WRESTLING

12/9/18

Weekly Falcon Newsletter

PRACTICE INFO

Practice Monday Wednesday and Thursday 6pm and 7pm
PLEASE see the calander for Winter break Practice Schedule

ALL VARSITY PARENTS AND WRESTLERS
Mandatoty Meeting at 6:50pm

Make sure that your wrestler is attending the appropriate practice

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
MASON RODRIGUEZ



TEAM GEAR

Elite Packs Singlets are here. get them at practice

Gear ordered from the store will be here ON THURSDAY

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 are on the store!
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.

Watching others wrestle can really help.

Get out and support our local High schools
their dual scheduled can be found on the SPSL website

Watch College wrestling on TV
Arizon St Vs. Penn State - Friday on ESPN