

# UPCOMING EVENTS

1/12/2019

1A Sub-Division Championships

White River HS

Weigh ins at 7 Wrestling at 10

\$20 per wrestler

Your wrestler MUST be on the list to attend

Brackets are on Track Wrestling

1/13/19

USAW tournament

WSWA Classic Qualifier

Snohomish HS

You MUST pre-Register yourself for this one

1/16/19

Falcon Night at Rogers HS 6PM

# RESULTS

Our RISING STARS tore it up this weekend  
19 wrestlers finished up their PCJWL competition  
We had some kids put all of the practices  
together and really show up!

# GENERAL

Proud of you all

With the post season here,  
please make sure that you are getting your rest  
and maintaining 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

Info on the Awards Banquet will be available soon

If you wrestled at Rising Star, you are done  
competing until the State Championships in Feb  
unless you would like to wrestle in the USAW events  
You are still welcome to attend practices just  
remember that we have wrestlers preparing  
for post season, so the intensity will be raised at practice

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

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

1/6/19

## Weekly Falcon Newsletter

# PRACTICE INFO

Practice Monday, Wednesday and Thursday 6-8  
All Wrestlers practice at the same time

This week the intensity will be ramped up  
come to practice ready to work!

It is time to be preparing for the post-season!

Information on the Awards Banquet will be  
available soon! We hope that ALL wrestlers will  
attend this year.



# 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

JuJu Imke

# TEAM GEAR

If you have a singlet that belongs to the team, please  
return it at a practice. The number one expense for the team  
is uniform replacement.

We still have hats available for purchase for \$35 and will have  
"leftover" gear for sale at the awards banquet

# 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!