

Nov 24, 2019

Week 2



## Penn Manor Wrestling Club Weekly Newsletter

[www.pmwrestling.com](http://www.pmwrestling.com)

Club President, Jason Fellenbaum

### GOING TO BE A GREAT SEASON!!!

Thank you all for an excellent start to our season. Please continue to ask questions and stay involved with your son or daughter's experience. If there are questions, you still may have, please refer to this [video](#) or ask your color group [lead coach](#).

Every coach has been impressed with the progress of the groups so far, and we're excited about the upcoming first FVL event on Dec 15th. (Details coming soon!) Coaches encourage all excited wrestlers to participate in the FVL events. These events are designed to introduce competition to novice wrestlers while also providing a challenge for more experienced wrestlers.

As we're getting used to our new space at Marticville Middle School, we are learning how to work best with the great custodial staff. Coaches want to remind families and wrestlers only to bring water into the gym. Please do not eat or drink anything other than water in the gym. We are also telling wrestlers to stay off of the climbing wall for safety purposes. Coaches also want to thank parents for doing a great job watching noise levels in the bleachers while observing practice. This helps coaches maintain the focus of the wrestlers, and all coaches have been impressed by the level of attention that parents/families have shown with this piece. Thank you!

We have begun to collect some items left after practices. If you have lost a sweatshirt, pair of shoes, etc., please look for the lost and found box, next to the "free shoe" box. These boxes will be kept on the corner of the mat near the entrance for the gym. The purpose of the "free shoe" box is to "pay it forward" and recycle shoes within the program. As your wrestler outgrows their shoes, feel free to donate them to the box and take another pair. If this is your first season, feel free to take a pair with the intent to recycle them back into the box when your child outgrows them.

Beginning on Monday, Dec 9th, we will start Dual Team practices every Monday Night from 6:15 pm-7:45 pm. Our Dual Team is an opportunity for additional training and features exclusive competitions available only to Dual Team wrestlers. Any wrestler in Blue or Gold Group and Grade 3 or higher, are welcome to attend Dual Team practices. For more information, refer to our [website](#) or contact Coach Jason.

Lastly, if you have been watching practices and may like to get on the mat to help, please let us know! We can guide you through the process of getting your clearances and necessary free online training to volunteer as a coach. We also need a club treasurer. If you have the types of skills that would make you an asset in this position, and a desire to be involved, please reach out to us!

As always, feel free to contact me with any questions or concerns.

Jason Fellenbaum  
717-940-8795

## Upcoming Calendar

### Week of Nov 24th

**Tues, Nov 25<sup>th</sup>, 2019**

- Normal Practice @ Marticville Middle School:
- White Group and Grey Group- 6:00pm-6:45pm
- Blue Group and Gold Group- 6:55pm-8:15pm

**Thur, Nov 27<sup>th</sup>, 2019:** NO PRACTICE...Happy Thanksgiving

### Week of Dec 1st:

**Tues, Dec 3<sup>rd</sup>, 2019:**

- Normal Practice @ Marticville Middle School:

**Thurs, Dec 5<sup>th</sup>, 2019:**

- Normal Practice @ Marticville Middle School:

### Week of Dec 8th:

**Mon, Dec 9<sup>th</sup>, 2019:**

- Dual Team Practice 6:15pm-7:45pm @ Marticville Middle School

**Tues, Dec 10<sup>th</sup>, 2019:**

- Normal Practice @ Marticville Middle School:

**Thurs, Dec 12<sup>th</sup>, 2019:**

- Normal Practice @ Marticville Middle School:

### Week of Dec 15th:

**Sun, Dec 15<sup>th</sup>, 2019:**

- First FVL Event- Competition @ Solanco HS

**Mon, Dec 16<sup>th</sup>, 2019:**

- Dual Team Practice 6:15pm-7:45pm @ Marticville Middle School

**Tues, Dec 17<sup>th</sup>, 2019:**

- Normal Practice @ Marticville Middle School:

**Thurs, Dec 19<sup>th</sup>, 2019:**

- Normal Practice @ Marticville Middle School:

### **Learning Corner!**

There is incredible free content online related to learning wrestling. If your child is excited about wrestling, explore Youtube for content to reinforce what coaches are teaching.

A double leg takedown is one of the most effective leg attacks in wrestling. If you're good at it, you have a good chance of scoring with it as well! There are many different ways to do every move, and this coach shows many of the same pieces we're learning with some slight nuances. Feel free to share with your child!

<https://www.youtube.com/watch?v=C-M3eBSA6Yc>