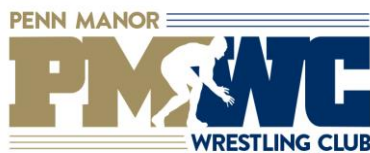


Feb 24, 2020

Week 14



Penn Manor Wrestling Club Weekly Newsletter

www.pmwrestling.com

Club President, Jason Fellenbaum

AWESOME SEASON!

What an awesome season! Our numbers were the highest yet this year in many aspects (total registrations, competitors in FVL events, qualifiers for the FVL Championship)! Things are really looking great for the Penn Manor Wrestling program as a whole because of you all!

Your support, as parents and fans, has been tremendous this season. Thank you so much for everything, but especially thank you for all of your hard work and efforts yesterday to allow us to host a very successful tournament. Hosting these tournaments is a major fundraiser for us!

FVL Championship (Sat Feb 29th): We have 31 wrestlers finish in the top 6 and are eligible to wrestle in the FVL Championships (Details to the right). As has been our tradition, the club is picking up the entry fee for these wrestlers still competing. Please inform Coach Jason at Tuesday's practice if you are NOT attending.

Open Gym (Feb 25th and Feb 27th): We will hold an open gym practice on Tuesday Feb 25th and Thursday Feb 27th from 6:30pm-8:00pm at Marticville. These practices are designed to continue to train wrestlers still competing in the FVL Championships or other upcoming wrestling events. However, all wrestlers are welcome. If you are not wrestling in the FVL Championship, but still want to come practices this week, please do!

PIAA State Wrestling Finals Trip @ Hershey Giant Center (Sat Mar 7th): Every year we put together a trip to the State Wrestling Tournament in Hershey. This is an excellent opportunity to expose your child to high levels of competition while building relationships with teammates, coaches, and other families. We watch the AA and AAA Final Round with a catered meal in-between session. This is an unchaperoned trip. Wrestlers must be accompanied by an adult. Space is limited. [Details and Sign up here](#). Sign up by Thursday!

End of Year Spaghetti Dinner @ Penn Manor High School (Thur Mar 12th): We welcome your entire family out to join us for a spaghetti dinner to celebrate our wrestling season. No medals or trophies, but we will recognize each group of wrestlers, bid our 6th graders farewell and enjoy a dinner together. The dinner is free for the entire family. [Signup is here](#).

Fight Shorts and Singlet Hand In: If you are done competing this year, please hand your fight shorts back into your coach. Please place them in a bag with your wrestler's name so we can accurately account for the return. Wrestlers still competing will turn in their fight shorts and singlets after the final FVL event or at the end of year dinner. The compression top is theirs to keep!

Stay Connected: As a club, our main goal is to retain our athletes. We want our guys/gals to come back next year and maybe even bring a friend! We want to continue to grow! Even though the season is coming to a close, we will continue to periodically reach out to you via email. Also, please look for updates on our Facebook page throughout the spring and summer months!

Extra Training Opportunity

Our club has great coaches, but we understand wrestlers grow from getting experience from a variety of coaches. The Penn Manor Wrestling Club has credits purchased at a local high-level club called LAW (Lancaster Alliance of Wrestling). LAW is a great opportunity for some of our wrestlers who want to be serious about improving their wrestling. We recommend this opportunity for off-season. If you're interested in possibly attending a LAW practice, please speak to your PMWC lead group coach for their insight and information. LAW meets at Millersville now!

As always, feel free to contact me with any questions or concerns.
Jason Fellenbaum-(717)940-8795

Upcoming Calendar

Week of Feb 23rd:

Tues, Feb 25th, 2020:

- Open Gym @ Marticville Middle School – Time 6:30-8:00pm

Thurs, Feb 27th, 2020:

- Open Gym @ Marticville Middle School – Time 6:30-8:00pm

Sat, Feb 29th, 2020:

- FVL Championships @ Cedar Crest High School
- 7:30a-8:30a: 8U & 10U Weigh-Ins
- 9:00am: 8U & 10U Wrestling Starts
- 10:30a-11:30a: 12U Weigh-Ins
- 12:00pm: 12U Wrestling Starts

Week of March 1st:

Sat, Mar 7th, 2020:

- [PIAA State Wrestling Finals Outing](#)

Week of March 8th:

Thursday, Mar 12th, 2020:

- [PMWC End of Year Spaghetti Dinner 6pm-7:30pm](#)

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.

To be a championship program, we want to make sure our guys/girls master the basics. This featured drill is called "shadow wrestling." Watch how one of the best, Cary Kolat, demonstrates shadow wrestling. Shadow wrestling can be done in your backyard or even in your house (with parent's permission of course!).

https://www.youtube.com/watch?v=AdU9T_YldUA