

Nov 14th, 2021

Week 1



Penn Manor Wrestling Club Weekly Newsletter

www.pmwrestling.com

Club President, Jason Fellenbaum

WELCOME TO THE PMWC!

We are super excited for the 2021-2022 wrestling season to start. Our first practices are this week! We are so happy to have some normalcy back in our lives with a full practice schedule and hopefully a full competition schedule as well.

New for this year is our Girl-Only program lead by Coach Scott. We are excited to offer this program this year and have been amazed by the response to it during registrations.

This is our weekly newsletter that we will send out each weekend. It will have our upcoming practice & competition times listed, as well as all the news and notes for that week.

No School, No Practice: If there is no school, or school dismisses early, we will NOT have practice that day.

Practice Attire: Wrestlers need to be wearing a t-shirt and athletic shorts or pants. Please wear wrestling shoes or clean sneakers. Headgear is optional. Mouth guards are required for those with braces.

Practice Location: This season, we will be practicing at Marticville Middle School. 356 Frogtown Rd, Pequea PA 17565. Please enter via the double doors to the gym on the right side of the building.

Coaches Needed: We are always in need of more coaches. Having extra adults to help keep our kids focused and on track keeps practice moving smoothly! No wrestling experience is needed! If you are interested in helping our coaches out in the room, please let us know. Our background requirements are located on our website [HERE](#).

FVL League: Currently, the FVL is still putting together its season schedule. The weekends of competitions are listed on [our website](#). Exact dates and times will be released as soon as we have them.

Gear Needed: The only gear needed in wrestling are wrestling shoes, headgear, and possibly a mouth guard. However, if your wrestler is new to wrestling, you can hold off purchasing these items until you are sure they are enjoying the sport.

Follow us on Facebook! We post pictures, news and other stuff on our [PMWC Facebook page](#):

Text Alerts: Text PMWRESTLING to 84483 to receive last minute alerts from the club such as practice cancellations.

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

Jason Fellenbaum
(717) 940-8795

Upcoming Calendar

Week of Nov 14th:

Monday, Nov 15th, 2021:

- White Group Practice @ Marticville Middle 5:45pm-6:45pm
- Gold Group Practice @ Marticville Middle 6:30pm-8:00pm
- Girls Group Practice @ Marticville Middle 7:00pm-8:15pm

Tuesday, Nov 16th, 2021:

- Grey Group Practice @ Marticville Middle 5:45pm-7:00pm
- Blue Group Practice @ Marticville Middle 6:30pm-8:00pm

Wednesday, Nov 17th, 2021:

- White Group Practice @ Marticville Middle 5:45pm-7:00pm
- Gold Group Practice @ Marticville Middle 6:30pm-8:00pm

Thursday, Nov 18th, 2021:

- Grey Group Practice @ Marticville Middle 5:45pm-6:45pm
- Blue Group Practice @ Marticville Middle 6:30pm-8:00pm
- Girls Group Practice @ Marticville Middle 7:00pm-8:15pm

Week of Nov 21st:

Monday, Nov 22nd, 2021:

- No Practice, Early Dismissal

Tuesday, Nov 23rd, 2021:

- No Practice, Early Dismissal

Wednesday, Nov 24th, 2021:

- No Practice

Thursday, Nov 25th, 2021:

- No Practice. Happy Thanksgiving!

Week of Nov 28th:

Monday, Nov 29th, 2021:

- No Practice, No School.

Tuesday, Nov 30th, 2021:

- Grey Group Practice @ Marticville Middle 5:45pm-7:00pm
- Blue Group Practice @ Marticville Middle 6:30pm-8:00pm

Wednesday, Dec 1st, 2021:

- White Group Practice @ Marticville Middle 5:45pm-7:00pm
- Gold Group Practice @ Marticville Middle 6:30pm-8:00pm

Thursday, Dec 2nd, 2021:

- Grey Group Practice @ Marticville Middle 5:45pm-6:45pm
- Blue Group Practice @ Marticville Middle 6:30pm-8:00pm
- Girls Group Practice @ Marticville Middle 7:00pm-8:15pm

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.

<https://www.youtube.com/watch?v=RQcB0dOhmhA>

Basic wrestling rules and scoring explained