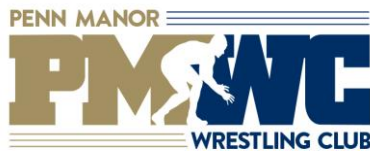


Dec 19th, 2021

Week 5



Penn Manor Wrestling Club Weekly Newsletter

www.pmwrestling.com

Club President, Jason Fellenbaum

TIME FOR A BREAK

We enter our final week of practice before the holiday break. The wrestlers have been working hard and we have seen progress. Enjoy the break, because things start getting crazy busy in January. We will have multiple competitions and other tournaments to keep us busy once 2022 starts.

Is my child ready to compete? I wrote a longer winded prompt in the email sent out. But if your child is interested in competitions, competes at practice and is emotionally mature, then yes, they are as ready as they are going to get to try competing.

FVL #1 @ Solanco (1/9): [Registration is open](#) for our first league meet at Solanco on Sunday 1/9/22. Start time is currently scheduled to be at 8am. There is no cost to register for this event. But you must register if you wish to compete. Open to all Groups. Pairings made based on age, weight, experience and skill. Deadline is Monday 1/3/22.

Garden Spot Tournament: Registration is [open for the Garden Spot](#) Tournament on 1/8. Again, it is recommended that only wrestlers that have competed before enter this event. It is a very good local tournament and our older wrestlers with experience are encouraged to enter. The cost is \$18 per wrestler. Registration closes on 12/29.

Girls Wrestling Tournaments: Save the Date: Saturday 1/22 – A girls wrestling tournament at Central Dauphin East. Details and Signup info will come soon.

Coaches Needed: NO! You don't need experience! NO! We NEVER have enough help! 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](#).

Feeling Ill? If your wrestler does not feel well, please keep them home from practice. Missing a few practices will not hinder your wrestler's development. Our coaches use a lot of review and repetition throughout the season. Your child will catch up.

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 Dec 19th:

Monday, Dec 20th, 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, Dec 21st, 2021:

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

Wednesday, Dec 22nd, 2021:

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

Thursday, Dec 23rd, 2021:

- No Practice: Early Dismissal

Week of Dec 26th:

Monday, Dec 27th, 2021:

- No School, No Practice

Tuesday, Dec 28th, 2021:

- No School, No Practice

Wednesday, Dec 29th, 2021:

- No School, No Practice

Thursday, Dec 30th, 2021:

- No School, No Practice

Learning Corner!

There is incredible free content online related to learning wrestling. Explore Youtube for content to reinforce what coaches are teaching.

<https://www.youtube.com/watch?v=PfriVu3a48A&t=109s>

This is a longer video that explains in depth the different rules and procedures of a wrestling mat. Narrated by a Kentucky State Wrestling Referee.