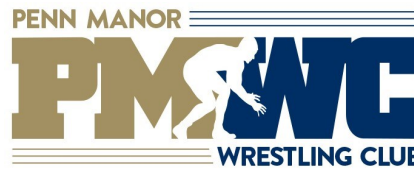


December 3rd, 2023

Week 2



Penn Manor Wrestling Club Weekly Newsletter

www.pmwrestling.com

Club President - Jason Fellenbaum

Say Cheese! Picture Day!

Later this week, our wrestling mats will be sent up to the High School for the High School Holiday Tournament. Due to that, we will be holding a picture and weigh-in Day on Thursday. Wrestlers should wear their PMWC T-shirt that you will get this week. Also, Texas Roadhouse Gift Card Orders are due by Thursday. Thank you to those that have participated.

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

T-Shirt Handouts: We will be handing out T-Shirts this week. Every wrestler will get a t-shirt.

Picture Day: We will be holding picture day on [Thursday Dec 7th](#) from 6pm-8pm for all wrestlers, regardless of their normally scheduled practice day. We will also be weighing each wrestler. We will take a large group photo. Please wear your PMWC T-Shirt.

Club Fundraiser: Our club is doing a Texas Roadhouse Gift Card Fundraiser again this year. [Details are available here.](#) Gift card orders are due THIS WEEK. No Later than Thursday on Picture Day.

Competition Uniforms - Our club spent over \$10,000 this year purchasing new singlets and 2-piece uniforms. We will start handing out singlets to Blue & Gold Groups on Tuesday. Due to the failure for uniforms to be handed back in, this year, a \$50 deposit will be required for all uniforms. We will hold on to all deposits and give them back when the uniform is returned in good condition. Make checks out to PMWC or bring exact change for deposits please.

FVL League: All current league information [is on our website](#)

Dual Team - We are taking a [dual team](#) to State College for a tournament on Jan 20th. We are planning on making this a weekend trip. Weight classes range from 50lbs to 165lbs. Details next week.

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 3rd

Monday Dec 4th:

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

Tuesday Dec 5th:

- Blue Group Practice @ Marticville Middle 5:45 - 7:00pm
- Gold Group Practice @ Marticville Middle 7:00 - 8:15pm

Wednesday Dec 6th:

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

Thursday Dec 7th:

- ALL WRESTLERS PICTURE DAY 6pm-8pm
- Wear your PMWC T-Shirt

Friday Dec 8th:

- No Practice (Penn Manor High School Tournament)

Upcoming Dates to Remember

Sunday Jan 7th - FVL Meet at Penn Manor

Sunday Jan 14th - FVL Meet at Donegal

Sunday Jan 21st - FVL Meet at Octorara

Sunday Jan 28th - FVL Meet at Penn Manor (Tentative)

Dual Team State College Tournament Trip - January 19-21st

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 our coaches are teaching.

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

A double leg takedown is a staple of wrestling at all levels. This quick video goes the basics of a double leg takedown.