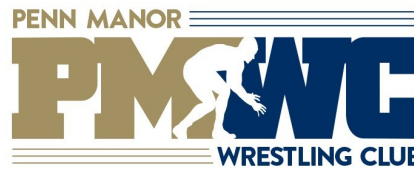


December 10th, 2023

Week 3



Penn Manor Wrestling Club Weekly Newsletter

www.pmwrestling.com

Club President - Jason Fellenbaum

Texas Roadhouse Fundraiser Extended

Thank you for your patience during picture day last week. This week will be a normal practice week.

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

Club Fundraiser: We are having a one-week extension for our Texas Roadhouse fundraiser. Any new or additional orders are due to your coach no later than Thursday, Dec 14th. If anyone needs a paper copy of the order form, we will have them available at practice. Further [Details are available here.](#)

Picture Orders- We will email out a link once the pictures from picture day have been processed. You will be able to order pictures directly from that link. Keep an eye out.

Competition Uniforms - Our club spent over \$10,000 this year purchasing new singlets and 2-piece uniforms. We are currently handing out singlets to Blue & Gold Groups Due to the failure of 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. Two-piece uniforms will be handed out once our shipment comes in.

FVL League: All current league information [is on our website](#) Details on start times will be released when we have them.

Garden Spot Open Tournament - Garden Spot is holding an open tournament on Saturday 1/6. We recommend only experienced wrestlers sign up for this event. Cost is \$25 dollars and you can sign up on our [website here.](#)

Dual Team - We are taking a [dual team](#) to State College for a tournament on Jan 20th. Wrestlers will compete for spots. If you are interested, [please signup and see details here.](#) We are finalizing fun plans to make this a weekend trip. More details to come.

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 us with any questions or concerns.

Upcoming Calendar

Week of Dec 10th

Monday Dec 11th:

- 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 12th:

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

Wednesday Dec 13th:

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

Thursday Dec 14th:

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

Friday Dec 15th:

- Gold Group Practice @ Marticville Middle 6:30 - 8:00pm

Upcoming Dates to Remember

- Saturday January 6th - Garden Spot Open Tournament
- Sunday Jan 7th - FVL Meet at Penn Manor
- Sunday Jan 14th - FVL Meet at Donegal
- Sunday Jan 21st - FVL Meet at Octorara
- 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=N-QKAvR0oGA>

This quick video goes over a chop and drive breakdown