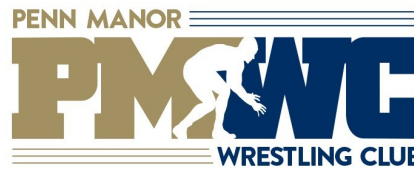


December 17th, 2023

Week 4



Penn Manor Wrestling Club Weekly Newsletter

www.pmwrestling.com

Club President - Jason Fellenbaum

Last Week Before Holiday Break

This week is our final week of practice before the holiday break. We will not have practice when school is not in session. We hope you all have a wonderful holiday season.

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

Picture Orders- Check your email for links to order Pictures from.

FVL League: All current league information [is on our website](#) We will be hosting the first event at Penn Manor High School on Sunday Jan 7th. Start times will be in the afternoon. We will need help with scoring tables and concessions. More info in the next newsletter.

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](#). **Registration closes Thursday 12/21.**

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](#). Wrestle-offs will occur during the first week of January.

Girls HS Tournament Looking for Helpers: The HS Girls program is looking for volunteers to help at their tournament on Sat Jan 6th. The link [to signup is here](#).

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.

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 17th

Monday Dec 18th:

- 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 19th:

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

Wednesday Dec 20th:

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

Thursday Dec 21st:

- 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 22nd:

- No Practice (Early Dismissal)

Upcoming Dates to Remember

- Saturday January 6th - Garden Spot Open Tournament
- Sunday Jan 7th - FVL Meet at Penn Manor (Start in Afternoon)
- 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=NlaIS1ek978>

This 30 second video goes over how to sprawl