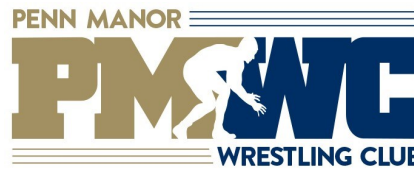


December 28th, 2023

Week 5



Penn Manor Wrestling Club Weekly Newsletter

www.pmwrestling.com

Club President - Jason Fellenbaum

Week Off Before Competition

Enjoy the week off. After this, we will have competitions, practice and other events to make for a very busy January and February!

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 Meet #4 - The FVL meet on 1/28 has been cancelled. We will have other options for wrestling that weekend available.

FVL Meet #1 - We will be hosting the first event at Penn Manor High School on Sunday Jan 7th. 6U and 8U will start at 2pm. 10U and 12U will start at 4pm. [Sign-up by Wednesday 1/3 at 7pm here.](#)

FVL Meet #2 - We will be heading to Donegal High School. Start time is 12 noon. We will have more info once we receive it. Signups are due by 1/7. [Sign up here.](#)

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 extended to Friday 12/29** at 9pm.

Dual Team - We are taking a [dual team](#) to State College for a tournament on Jan 20th. If you are interested, [please signup and see details here](#). Wrestlers will compete for spots during the first week of January. **You must sign up by 1/1 to wrestle off.**

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 - 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.

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 Jan 1st

Monday Jan 1st:

- No Practice, No School. Happy New Year!

Tuesday Jan 2nd:

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

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

Wednesday Jan 3rd:

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

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

Thursday Jan 4th:

- 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 Jan 5th:

- No Practice (Mats moved to HS for Tournament)

Saturday Jan 6th:

- Garden Spot Tournament

Sunday Jan 7th:

- FVL Meet #1: 2pm Start for 6u and 8u. 4pm start for 10u and 12u

Upcoming Dates to Remember

Wednesday Jan 10th: Elementary Night at Boys HS Match vs Solanco 6pm

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=ajBnXdjbeSc>

A Short video going over a snap down from neural position