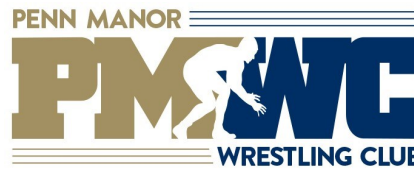


January 14th, 2024

Week 7



Penn Manor Wrestling Club Weekly Newsletter

www.pmwrestling.com

Club President - Jason Fellenbaum

Competitions!

The kids have been doing a great job at our first two competitions. We have seen many of them using the moves their coaches have taught. Our coaches will keep working with our wrestlers to fix up issues and build upon their current moves and skills. We thank you for being supportive to your wrestlers!

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

FVL Meet #3 - We will be at Octorara High School. 6U and 8U at 8am. 10U and 12U at 10:30ish am. [Sign up here by Tuesday Night.](#)

Thursday Jan 18th - Texas Roadhouse Dine In Night. From 3pm-10pm the club will receive 15% of your food order if you [show our flyer](#). We will have no practice that night. Eat out!

Blue Group - Coach Brandon added an extra practice on Wednesday from 5:45-7:00pm this week.

Extra Tournaments: A full list of [extra tournaments is on our website](#). Additional Costs, signups close soon as we need to enter our rosters before space fills up.

Competition Uniforms - Can be picked up at practices for a \$50 cash or check deposit.

End of Season Plans: Most of our group practices will wind down in Mid February on February 14th and 15th. We will detail more plans as the date comes closer.

Spaghetti Dinner: On Thursday Feb 29th, we will have an end of year Spaghetti Dinner for our wrestlers and their families. We will do uniform hand-ins on that night.

Discord: Got Discord? We are beta-testing Discord as a future communications platform. If you are interested in helping out, join us here: <https://discord.gg/c6DDFNqyEz>

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 14th

Monday Jan 15th:

- No School, No Practice

Tuesday Jan 16th:

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

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

Wednesday Jan 17th:

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

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

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

Thursday Jan 18th:

- No Practice - Texas Roadhouse Dine In to Donate Night 3pm-10pm

Friday Jan 19th:

- No School, No Practice

Sunday Jan 21st:

- FVL Meet #3 at Octorara, 6u & 8u @ 8am. 10u & 12u @ 10:30am.

- Lebanon Girls Tournament - Be there by 1:15pm

Upcoming Dates to Remember

Saturday Jan 27 - [ELCO Tournament](#)

Sunday Jan 28th - [Girls & Boys at Cumberland Valley](#)

Saturday Feb 3rd - FVL Regional Tournament

Saturday Feb 10th - [Manheim Township Tournament](#)

Feb 11th - PJW Area 13 Regional at F&M College

Thursday Feb 29th - End of Year Spaghetti Dinner 6:00pm

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=54mgh259b0c>

A Peterson Roll - Coach Jason's Personal Favorite Move