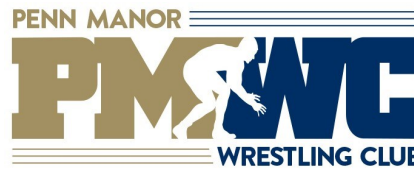


January 21st, 2024

Week 8



Penn Manor Wrestling Club Weekly Newsletter

www.pmwrestling.com

Club President - Jason Fellenbaum

Fun Filled Weekend

Congrats to our Dual Team for their efforts this weekend. They travelled through the snow up to State College for a weekend of wrestling and fun. The team competed hard and went 3-3 on the weekend. Thank you to our coaches and parents who chaperoned the trip and provided meals for our wrestlers. Locally, we saw a number of our wrestlers do well at the FVL event at Octorara. It's great to see continued growth out of our wrestlers.

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

FVL NW Regional Tournament - I had the date listed incorrectly for this tournament. It will be held on Sunday February 4th at Cedar Crest. [Sign up and weigh-in info on our website.](#)

Girls Dual Meet vs Governor Mifflin: Monday February 5th, instead of practice, we will be competing at Penn Manor High School vs Governor Mifflin Elementary before the High School Girls Meet. [Info and sign-up information here.](#)

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.

End of Season Plans: Most of our group practices will wind down in Mid February. 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 21st

Monday Jan 22nd:

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

Tuesday Jan 23rd:

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

Wednesday Jan 24th:

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

Thursday Jan 25th:

- 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 26th:

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

Saturday Jan 27th:

- ELCO Tournament - 9am Start. Be there by 8:30

Saturday Jan 28th:

- Cumberland Valley Tournament

Upcoming Dates to Remember

Sunday Feb 4th - [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=zdtCOewTRkI>

Learn to re-shoot and re-penetrate from a failed shot attempt!