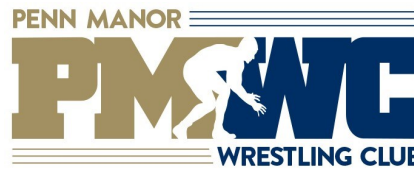


January 28th, 2024

Week 9



# Penn Manor Wrestling Club Weekly Newsletter

[www.pmwrestling.com](http://www.pmwrestling.com)

Club President - Jason Fellenbaum

## Long Weekend of Wrestling

Shout out to all those wrestlers and parents who competed at ELCO and CV. Those were some long days of very tough wrestling. Congrats to all our wrestlers who brought home some hardware!

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

**Girls Practice Monday at High School:** Girls practice on Monday Jan 29th will be from 6-7:30 at the High School. The High School Girls Team will lead us through a practice.

**FVL NW Regional Tournament** - Sunday Feb 4th. Last call for sign-ups. We have to submit our roster Monday Evening. [Sign up and weigh-in info on our website.](#)

**Wednesday Feb 7th - Dual Team Match:** L-S has invited our Dual Team to compete at L-S along side their Junior High Match. Wrestling stats at 5pm. Be there by 4:45.

**Girls Dual Meet vs Governor Mifflin:** Monday February 5th, come watch the High School Girls Team take on Governor Mifflin during Senior Night. Our girls will be wrestling matches before the High School Match. [Info and sign-up information here.](#)

**Girls Mini Tournament @ Marticville:** Feb 14th we will hold a mini tournament from 6pm-8pm at Marticville with other local teams. [Register here.](#)

### End of Season Plans:

White Group: Final Practice - Thursday Feb 8th.

Grey Group: Final Practice - Monday Feb 12th.

All other groups: TBD.

**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.

## Upcoming Calendar

### Week of Jan 28th

Monday Jan 29th:

- White Group Practice @ Marticville Middle 5:45 - 7:00pm
- **Girls Group Practice @ Penn Manor HS 6:00 - 7:30 pm**
- Grey Group Practice @ Marticville Middle 7:00 - 8:15pm

Tuesday Jan 30th:

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

Wednesday Jan 31st:

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

Thursday Feb 1st:

- 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 Feb 2nd:

- No Practice (Weigh-ins for FVL @ Manheim Between 5-6:30pm)

Sunday Feb 4th:

- FVL NW Regional at Cedar Crest (12:45 start)

### Upcoming Dates to Remember

Wednesday Feb 7th: Dual team at L-S 5pm

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

Feb 11th - [PJW Area 13 Regional at F&M College](#)

Wednesday Feb 14th - [Girls Mini Tournament at Marticville Middle](#)

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

[March 2nd - Donegal Girls FVL](#)

## 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=y7wZyRMv97Y>

Learning how to defend a score out when we get stuck in a front headlock position is key skill to learn.