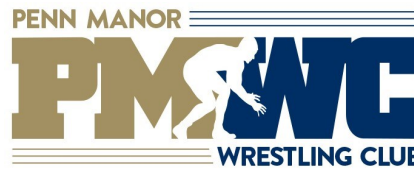


February 4th, 2024

Week 10



Penn Manor Wrestling Club Weekly Newsletter

www.pmwrestling.com

Club President - Jason Fellenbaum

The End is Near

Great job by all the wrestlers at the FVL Regional. We are down to the final few practices for each group. We hope you have enjoyed this wrestling season. One more Newsletter to do after this one!

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

End of Season Plans:

White Group: Final Practice - Thursday Feb 8th.

Grey Group: Final Practice - Monday Feb 12th.

Blue Group: Final Practice - Tuesday Feb 13th

Gold Group: Final Practice - Tuesday Feb 13th

Girls Group: Final Practice - Monday Feb 12th.

We will hold a few open practices for those that are still competing for the remainder of February. Exact Days and Times in our final newsletter.

Uniform Hand-Ins: Starting Tuesday Feb 5th, we will start taking uniform hand-ins for those that are done with uniforms this year.

Monday Feb 5th - Girls Dual Meet vs Governor Mifflin: Come cheer on our girls at Penn Manor HS. Elem Girls compete at 6pm. HS girls at 7pm. PMWC get free admission! It's senior night, please show up and cheer on the Comets!

Wednesday Feb 7th - Dual Team Match: Wrestling stats at 5pm. Be there by 4:45. You should have an email with all details.

Girls Mini Tournament @ Marticville: Feb 14th we will hold a mini tournament from 6pm-8pm at Marticville with other local teams.

[Register here.](#)

Girls Tournament March 2nd @ Donegal: [Details here](#)

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. [Please RSVP Here](#)

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 Feb 4th

Monday Feb 5th:

- White Group Practice @ Marticville Middle 5:45 - 7:00pm
- Grey Group Practice @ Marticville Middle 7:00 - 8:15pm
- **Girls @ HS for Dual Meet with Gov. Mifflin. 5:30pm**

Tuesday Feb 6th:

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

Wednesday Feb 7th:

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

Thursday Feb 8th:

- 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 9th:

- No Practice!

Saturday Feb 10th:

- Manhiem Township Tournament

Sunday Feb 11th:

- PJW Area 13 Tournament at F&M College

Upcoming Dates to Remember

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.