

December 7, 2012

QYC NEWS

Once you've wrestled,
everything
else in life
is easy
-Dan Gable



THANK YOU:

We want to thank all of our QYC families that have helped out with the snack stand, setup / breakdown and table help. It's great to see so many new volunteers invest in our club. Without your help our club would not be what it is. Thank you for all your effort!

STRONG START FOR QUAKERTOWN WRESTLERS

QYC had a great start to the season this past weekend. The Varsity and JV teams were tenacious at Salisbury. Varsity won 86-0 and JV won 76-3. Our exhibition wrestlers looked very strong against the Salisbury and Northwestern teams.

Our wrestlers backed up their potent performance at our Shane Leister Tournament on Sunday. Many trophies were taken home. We are very proud of every wrestler that walked onto the mat this weekend!

QYC - 86
SAL - 0

We will carry our momentum into our tri-match this Sunday. We are at home against Phillipsburg and Upper Perk. Arrival time is 7:45am for all.

Additional details are below. We look forward to seeing all our wrestlers continue to progress both on and off the mat.

* Reminder *

Varsity / JV Parents- Please sign up for your two required snack stand shifts. For further information regarding our club please go to www.quakertownwrestling.com.



DATES TO REMEMBER:

12/10- Groups 1/2 practice
12/11- Group 3 practice
12/12- Groups 1/2 practice
12/13- Group 3 practice
12/14- Group 3 practice
12/15- Open
12/16- Northern Lehigh (away)
12/17- Groups 1/2 practice
12/18- Group 3 practice
12/19- Groups 1/2 practice
12/20- Group 3 practice

UPCOMING MATCH:

**Upper Perk and
Phillipsburg - Sun, 12/9
Quakertown High School**

Arrival for all- 7:45am
Exhibition wrestling- 8am -
9am

JV / Varsity weigh in-
8:30am. Wrestling begins at
9am

COACHES:

GROUP 1:
Shawn Williams
267.374.1791

GROUP 2 & 3:
Scott Frinzi
267.374.6425

If you have any questions or concerns please address them with the appropriate coach.