

MAPLE VALLEY WRESTLING

SEPTEMBER 2009

NEWSLETTER #2

"Battle not with monsters lest you become one."

WRESTLERS PREP FOR PRE SEASON NATIONALS

Bear Claw Wrestlers are preparing to enter battle on the national level. Many Bear Claw members will be making the trip to Cedar Falls, Iowa on Halloween, to compete in the USA Wrestling Pre-Season National Tournament. National tournaments allow our wrestlers to test their skills against many of the nations best wrestlers.



Many top placers from this tournament last year, went on to be state champions in their own states, as well as All-Americans at Nationals in Fargo. The tournament is both for high school and middle school. If you are planning on attending, contact one of the coaches. More information can be found at :

www.preseasonnationals.com

WOLFPACK SEASON

The Maple Valley Junior Wrestling program is open to all children ages 4-12 (Must be 12 before December 31st). Sign-ups will be October 5th, October 7th, October 13th & October 15th from 6-8pm at Tahoma Middle School in the schools band room. Fees are \$75 for the first child and \$50 for each additional wrestler. Wolfpack practices will begin on October 26th, at Tahoma Middle School. The teams first event will be on November 7th. More details to come as they are finalized. You can check out the Maple Valley Wolfpack website at:

www.maplevalleywrestling.com

Do you have an idea for workout gear that you would like to have for the upcoming season? If so, please pass your idea along to Coach Boomer. The coat below is going to be available to purchase for around 65 dollars this year for those that are interested.



ATHLETE OF THE WEEK

We will be recognizing athletes from all three of our programs. Coaches are looking for wrestlers that are working hard and contributing to their respective teams. Our first athlete of the week is Tahoma High School Senior, **Tyler Lamb**. A former Wolfpack wrestler, Tyler is currently training to compete at Pre Season Nationals. Tyler will be taking on a leadership role this year and has set his sights on a high school state championship. Tyler is a strong on the mat and in the classroom. Congratulations Tyler!

TWO BEAR CLAW COACHES VOTED IN AS USA WASHINGTON BOARD MEMBERS

Congratulations to Coach Hopkins and Coach Feist! Both were elected to the state wrestling board on August 29th, at the state wrestling meeting in Ellensburg, Washington. This meeting is made up of many clubs from all over the state. Coach Hopkins has been selected as the new State Wrestling Chairman. With this position Coach Hopkins will play an important role in the development of our sport on a national level.

Coach Feist has been selected as the State Cadet Director. With this position, Coach Feist will be responsible for our states cadet dual team as well as the Cadet team wrestling at the National Tournament in Fargo, North Dakota next July. Both coaches have goals of preparing our state to produce high level wrestlers and quality people, that are ready to move on to the college level and represent our state.

