

MAPLE VALLEY WRESTLING

OCTOBER 2009

NEWSLETTER #3

“Victory is always possible for the person who refuses to stop fighting.”

Bear Claw to Host Washington's Best

Bear Claw will be hosting five upcoming Washington National Team practices this fall. This is the first time that Fall practices have been utilized by national teams. The purpose of the practices will be to gather our states best wrestlers and provide them with high quality training partners. Around 75 wrestlers were invited to the upcoming practices.



Coach Dan Russell

In order to be invited wrestlers had to be a participant on Washington National Teams or have previous high level experience. One of the highlights of the camps will be Former National Team Coach and 4-Time Division Two National Champion Dan Russell appearing as a guest clinician on the last weekend practice. Bear Claw had 12 wrestlers invited to the practice.

Wrestler of the Week



Brendon Chaowanapibool

Despite being one of Bear Claw's smallest wrestlers, Brendon Chaowanapibool is one of the teams hardest workers. Finding partners is a problem when you only weigh 45 pounds. Brendon doesn't let this get him down though, he is willing to practice with anyone !

Alumni Update

Former Tahoma State Champion Kevin Tao is currently attending Columbia University in New York. Kevin had a record of 16-13 in the Ivy League last year and is looking forward to improving on that record this year. Kevin is currently a liberal arts major.

<http://www.gocolumbialions.com/>



PIE Fundraiser

Many Bear Claw wrestlers are currently selling pies in order to help offset their costs for national tournaments.

Apple Pies: 12 inch \$8.00
Pumpkin: 12 inch \$8.00

If you are interested in purchasing a pie to help support the wrestlers contact Terri Hopkins at Hopeu01@comcast.net

Two Bears are Ranked in Washington's Top 10

Nick Bayer and Tyler Lamb were recently highlighted in an article on the InterMat website. InterMat is a nation wide wrestling website. Nick Bayer was chosen as Washington's 4th best wrestler and Tyler Lamb was selected at Washington's 8th best wrestler overall. Konner Knudtsen made honorable mention on the list giving Tahoma the most recognized wrestlers from any one team.

<http://intermatwrestle.com/articles/5550>

Tahoma Booster Club Looking for Volunteers

The Tahoma Booster club is looking for volunteers to help run the concession stand at upcoming events. This fundraiser helped the team earn \$1000 dollars last season. We are hoping more people volunteer this year. You must be a PTA member to work in the stand. Please email Sherrie Davis to sign up: sherrie.davis@comcast.net

Tyler Lamb
5-Time State Placer

Nick Bayer
2-Time State Champion

Konner Knudtsen
3rd Place 4A

Follow Coach Feist's Blog at: <http://headlockhero.blogspot.com/>