



# QYC News

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

December 5, 2011

## **Message from Coach Scott**

Congratulations to all of our wrestlers for a great weekend of wrestling.

Our Exhibition wrestlers had a busy day on Saturday and we want to thank both our wrestlers and their families for staying to help clean up after the last match. Everyone really worked together and it made such a difference. We also had a good team to get us set up for our tournament, and we truly appreciate all of the help we had.

We had a very good turnout at our tournament this year with the number of wrestlers who participated, and our snack stand was busy all day. We handed out a lot of trophies to our QYC wrestlers yesterday and it was so nice to see so many smiling faces regardless of what place they took. We are so proud of all of our wrestlers. And we offer a huge thank you to all of our families who volunteered their time to help make our tournament a success.

Also, please don't forget that practice days for our groups have changed. Groups 1 & 2 practice on Mondays and Wednesdays; and Group 3 will practice Tuesdays/Thursdays and some Fridays.

Lastly I want to mention the dual meet we have this weekend on Sunday the 11<sup>th</sup>. QYC will verse Notre Dame. Exhibition as well as JV and Varsity have the opportunity to wrestle. Weigh ins are 11:30 am, start time for Exhibition is noon and teams start at 1pm. The address is: Notre Dame Green Pond High School. 3417 Church Rd, Easton PA 18045. If you have any questions, please see one of the coaches.

**SNACKSTAND VOLUNTEERS NEEDED:** Volunteers for snack stand are needed at all home matches. Please see the signup sheet in the hallway in front of the wrestling room or contact Jen Stover at [5stovers@comcast.net](mailto:5stovers@comcast.net) to let us know when you can help. Shifts are scheduled in 2 hour increments and we make arrangements to cover you so you may see your child wrestle.

**TABLE HELP NEEDED:** Just as volunteers are needed for snack stand, we need volunteers to man all tables during QHS Home events. Shifts are scheduled in 2 hour increments and we make arrangements to cover you so you may see your child wrestle. Please see signup sheets in front of wrestling room or contact Tim Mallo at [tkmallo@comcast.net](mailto:tkmallo@comcast.net) to let us know what shift you can take.

## **Coaching Staff**

**Group 1:** Scott Frinzi 267-374-6425  
**Group 2:** Paul Edwards 267-241-9649  
**Group 3:** Scott Frinzi 267-374-6425

If you have any questions or concerns, please address them with the appropriate coach. If you will miss practice or a match, please let the coaches know as soon as possible.

## **QYC Dates to Remember**

**12/5** – Group 1 & 2 Practice  
**12/6** – Group 3 Practice  
**12/7** – Group 1 & 2 Practice  
**12/8** – Group 3 Practice  
**12/9** – Group 3 Practice  
**12/11** – QYC @ Notre Dame 11:30 weigh ins Exhibition  
12 noon start, Teams 1 pm  
**12/12** – Group 1 & 2  
**12/13** – Group 3  
**12/14** – Group 1 & 2  
**12/15** – Group 3  
**12/17** – QYC @ Upper Perk with Pleasant Valley – 9am weigh ins

## **INCLEMENT WEATHER:**

In the event that there is bad weather and school has early dismissal or cancellation, practice that evening will be cancelled as well. Please refer to QYC website for confirmation in such events.

## **UPCOMING MATCH SCHEDULE:**

**12/11** – QYC @ Notre Dame – 12:15 pm weigh ins  
**12/17** – QYC @ Upper Perk w/ Pleasant Valley – 9 am weigh ins  
**12/30** – Nazareth Duals @ Nazareth HS (two K-6<sup>th</sup> teams) - TBA