



QYC News

www.quakertownwrestling.com

January 2, 2012

Message from Coach Scott

I hope everyone had a safe and happy holiday and an enjoyable time off. We had a challenging weekend at the Nazareth Duals but I am very proud of all of our wrestlers for wrestling as hard as they could and keeping their chins up after each match. We wrestled some of the best competition on the East Coast and I think it was a valuable learning experience. This week we will get back to practice in our wrestling room at the HS and work on some of the things that the coaches picked up from this weekend. Group 3 will practice Tuesday, Thursday and Friday and Groups 1 and 2 will practice on Wednesday normal times. We will get back to our dual meet schedule this weekend against our rival Pennridge. Arrival time for Exhibition is 8:00 AM and wrestling will begin at 8:30 for exhibition. JV and Varsity should arrive by 9:30. Weigh ins will be promptly at 10AM and wrestling will begin at 10:30AM. The location is:

Pennridge Central Middle School
144 North Walnut Street
Perkasie, PA 18944
Keep up the hard work!

HIGH SCHOOL EVENTS: It should be noted that sometimes during wrestling practice there are High School basketball or wrestling matches. Please note that these events require admission. Parents that have children practicing may not watch for free. Also please use the proper door for entering the events.

NIGHT AT THE RACES: Jan. 28, 2012- Benner Hall
This is a big fundraiser for QYC. We will be out soliciting local businesses for donations to raffle off. If you are interested in helping or have something you would like to donate, please see a coach or board member. Any and all support is greatly appreciated!

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

1/3 – Group 3
1/4 - Group 1 & 2
1/5 – Group 3
1/6 – Group 3
1/8 – QYC @ Pennridge Exhibition report 8 am, arrival for teams 9:30
1/9- Group 1 & 2
1/10- Group 3
1/11- Group 1 & 2
1/12- Group 3
1/13- Group 3
1/14 – QYC @ West Bethlehem 9:30 weigh ins
1/15- QYC @ Salisbury 9 am weigh ins, Exhibition 11:30

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:

1/8 – QYC @ Pennridge – Exhibition report 8 am, Team arrival time 9:30 am
1/14 – QYC @ West Bethlehem (Clearview School) 9:30 weigh ins
1/15 – QYC @ Salisbury 9 am weigh ins , Exhibition 11:30
1/22 - QYC vs East Side Youth Center and Souderton @ QHS – report 11:30am weigh ins ; Exhibition will wrestle at 11:30am