

February 25, 2013

# QYC NEWS

The first period is technique, the second is conditioning, and the third is heart.



## UPCOMING TOURNAMENTS:

3/2 Northwestern Lehigh Tournament

3/3 PJW West Sectional Qualifier

3/3 Drexel Hill Winter Classic

3/3 State College Tournament

3/10 PJW North Sectional Qualifier

## EAST PENN DUAL TEAM CHAMPIONS

The QYC varsity team placed second at the East Penn Varsity Tournament. All of the wrestlers battled very hard at the tournament.

Congratulations to Luca Frinzi on his 85 lb. Varsity League Championship!

Last week our varsity team defeated East Side Youth Center 55-21 to become E.P.Y.W.L. Dual Team Champions! This win capped off a truly memorable undefeated season.

The support from our families has been incredible throughout the year. Without your support the development

and growth of our wrestlers would not be possible. We wish our wrestlers the best as they compete in the post season.

10-0

### REMINDER

Please be sure to hand your banquet forms to a coach or board member by no later than this Wednesday (2/27). The banquet is on

3/10.

### THANK YOU!

To all the volunteers that allowed us to host a very successful varsity tournament. We appreciate your time and energy.



## DATES TO REMEMBER:

- 2/26- Group 3 Practice
- 2/27- Groups 1-2 Practice
- 2/28- Group 3 Practice
- 3/1- No Practice
- 3/2- Northwestern Lehigh (Optional)
- 3/3- PJW Qualifier (Optional)
- 3/4- Groups 1-2 Practice
- 3/5- Group 3 Practice
- 3/6- Groups 1-2 Practice
- 3/7- Group 3 Practice

## PRACTICE SCHEDULE UPDATE:

Starting on Wednesday (2/27) groups 1 and 2 will combine and practice on Mondays and Wednesdays from 6:30 - 8:00 PM.

Group 3 will practice on Tuesdays and Thursdays from 6:15 to 7:30 PM.

## 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.