

January 1, 2014

# QYC NEWS

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



## NIGHT AT THE RACES:

Saturday 2/1/2014 at 6:30 PM

Benner Hall, Richlandtown

\$20 / PP - Includes turkey and roast beef dinner, horse races, dancing, beer and soda.

**\* TICKETS ON SALE NOW \***

Please see a board member to purchase tickets and horses.

## STRONG FINISH IN 2013 FOR Q-TOWN WRESTLERS

Quakertown wrestlers earned much success on the last weekend of competition for the East Penn League in 2013. Quakertown Blue Varsity and J.V. both defeated the Little Royals and Liberty. Quakertown White Varsity and J.V. both downed Phillipsburg and Salisbury. White lost very hard fought battles to Upper Perk's Varsity and J.V. teams.

On 12/29 sixteen of our wrestlers traveled north to the Stroudsburg Winter Duals. The wrestlers put together a very intense team effort going 6-0 and taking home the first place trophy. On the same day many of our wrestlers represented QYC very well at the Palisades Winter Break Tournament. We are proud of each of our wrestlers progress so far this wrestling season.

**STROUDSBURG  
WINTER DUALS**

**1ST PLACE**

**6 - 0**



## DATES TO REMEMBER:

1/2- Groups 1 & 2 practice  
1/3- Group 3 practice  
1/4- WHITE (H)- Pennridge & Southern Lehigh  
1/5- BLUE (A)- Northwestern  
1/6- Group 3 practice  
1/7- Groups 1 & 2 practice  
1/8- Group 3 practice  
1/9- Groups 1 & 2 practice  
1/10- Group 3 practice

## UPCOMING WHITE MATCH:

**Pennridge / Southern  
Lehigh - Sat, 1/4**

**Quakertown High School**

Gym setup 7:30AM

Arrival for wrestlers 8:30AM

## UPCOMING BLUE MATCH:

**Northwestern Lehigh -  
Sun, 1/5**

**Northwestern Lehigh HS  
6493 Rte 309  
New Tripoli, PA 18066**

Arrival for wrestlers 12:00PM