

MONTHLY NEWSLETTER

INSIDE THIS ISSUE: **CELEBRATE SUCCESS**

April Recap



SEASON PARTY

The team got together to celebrate the end of the season. The coaches recapped the highlights of the season, gave out varsity letters and recognized special award winners. Most importantly everyone got together and had some great food!

PAUL WELLSTON AWARD

Team Yorktown has been honoring their wrestling alumni and late senator Paul Wellstone in recent years by presenting an award in his name. History is one thing that makes Yorktown a great program and we are always looking to honor those who came before us!

GRADES FIRST

Wrestling is a physically challenging sport but also a thinking person's sport. Team Yorktown knows how important grades are and this is the second year the program has recognized their Team Valedictorian!

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OFFSEASON WRESTLING

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NOVA TOURNAMENTS!

The month of April has been filled with wrestling competitions. Northern Virginia has had Freestyle and Grecco tournaments every weekend this month. Several wrestlers have won awards and competed for their clubs!

NUTRITION

One of Dan Gable's 7 essentials of wrestling includes nutrition. The Wrestling Boosters brought in Nova Sports Nutrition to teach the team about how to eat to fuel their training and eat for optimal performance.

ALUMNI NETWORK

We have been working on building out our alumni network. If you have been a part of the Yorktown Wrestling Program please fill out this google form!



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