

MONTHLY NEWSLETTER

INSIDE THIS ISSUE: ON AND OFF THE MAT

October Recap



PUSHUPS FOR PATRIOTS

A huge thank you to The Italian Store for hosting us for one of our annual fundraisers! For every dollar donated, our wrestlers hit the ground for push-ups; building strength, raising funds, and representing Yorktown Wrestling in the community!

TIME MANAGEMENT

The team attended a time management seminar led by Coach Andrew. Wrestlers learned strategies to improve both on and off the mat. One key takeaway: time management — TNT (Takes No Talent) — is a skill you can sharpen just like a single leg. Check out the full presentation in the Team App!

DOMINION BRAWL

Some of the team members wrestled at the Dominion Brawl, a local tournament hosted by the Arlington Wrestling Club. The team had a great time and even got to meet Mekhi Lewis, an NCAA Champion, while they were there!



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INSIDE THIS ISSUE: YORKTOWN ALUMNI

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ALUMNI HIT THE MAT

Several of our alumni are currently competing in college and recently held their intrasquad matches and wrestle-offs. The team had the chance to watch some of our alumni compete at Marymount this year! It was great to see them in action, but the best part was watching team members support each other.



UPDATE YOUR ALUMNI INFORMATION

The Yorktown Wrestling team has a strong alumni network and we want to make sure that we can stay connected. Follow the QR code to update your contact information!



**SCAN THE QR
CODE TO
JOIN OUR
ALUMNI
NETWORK**

CURRENT COLLEGIATE WRESTLERS

- Basheer Hadi Class of 2025 - Marymount University
- Charlotte Bowman Class of 2025 - Ursinus College
- Mustafa Hadi Class of 2024 - NIACC
- Valentino Antoine Class of 2024 - Marymount University
- Liam Gil Swiger Class of 2023 - Lehigh University
- Max Apssel Class of 2023 - Johns Hopkins



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INSIDE THIS ISSUE: PRE SEASON PREPERATION

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FIND US ON STACK
TEAM APP JUST
SEARCH FOR "YHS -
WRESTLING"

JOIN THE TEAM APP

Stay connected by joining us on the Stack Team App! We use it to share technique videos, post the latest schedule updates, and communicate important team info. Just search for "YHS - Wrestling" in the app and request access to stay in the loop.

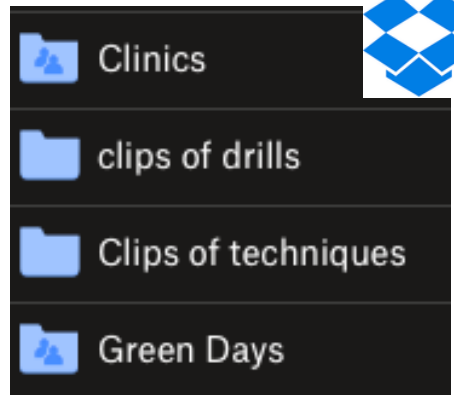


UPDATE YOUR
CONTACT
INFORMATION

CLEARED TO WRESTLE

In order to make sure you are ready to wrestle on day one it is important to have your physical turned in. Within the team app, there is a link that has the coaches most up to date clearance list. Check it out and if you need to get cleared follow the QR code below.

REGISTRATION
INFORMATION



VIDEO CURRICULUM

The Green Day's have really be coming along and the team has learned a lot of new technique. The coaches have been compiling all of the drills and skills videos for the team to watch on Dropbox! The password and link is in the team app!

YORKTOWN

WRESTLING

