

January 8, 2023

LDYW Families-

PRAISE

Today, 56 LD wrestlers competed in the Lebanon Cedars Tournament. That is a record! While the event was delayed at the start, it ended with lessons learned, hardware, and fun! We are so proud of everyone's commitment and hard work. We have a special program and it is because of our people!

Whether wrestlers win or lose, they deserve credit for the courage it takes to wrestle. Please help them learn from their wins & losses. It's about growth and experiences!

STAY INFORMED

January and February are busy months; TAKE ACTION NOW BELOW to sign up (donations/volunteer and exhibition matches) for our Quad on January 14 and CD's Novice Event on January 17. No help = no events.

Please be attentive, flexible, and supportive. Emails are always the main source of information. Please read the entire email. Emails are stored on our [website's Email Archive](#). Coach Santucci sends open/dual team emails.

REMINDER ON PRACTICE SCHEDULE IN JANUARY

Open group: M/T/W: 6-7:30pm in the Field House

*Per CPWA by-laws, each weight class increases one pound on January 15

Novice group: M/W: 7-8:30pm in the LDHS Wrestling Room

*Feel free to take your wrestler home early, if you see fit.

*The novice season ends on January 28 at the CPWA Novice Championship (if appropriate for your wrestler).

Want more? In and out of season opportunities for club wrestling and tournaments can be found by searching [D3 Training Center](#) (HBG), [Team Nauman's Wrestling Club](#) (Middletown), and www.pywrestling.com (Statewide). We offer spring/summer clinics.

UPCOMING EVENTS (CALENDAR)

Jan 11: Dual at Middletown HS @ 5:30pm

Jan 12: Home Dual vs. CD (varsity is vs Carlisle) @ 5:45pm

Jan 13: PARENTS HELP SET UP @8:15pm at LDHS for tomorrow's event

*See below

Jan 14: Quad at LDHS (vs Etown, Middletown, Hempfield, CD East).

*[Event details \(click here\)](#)

*[Donation/Volunteer Letter \(click here\)](#)

*[Registration for exhibition matches \(click here\) due by January 10 @ 9pm \(NO EXCEPTIONS\)](#)

Jan 17: Novice Event at CDMS @ 6pm

[*Registration \(click here\) due by January 15 @ 9pm \(NO EXCEPTIONS\)](#)

[*Event details \(click here\).](#)

[*Only for novice/intermediate group wrestlers.](#)

[*No regular practice that night.](#)

Jan 19: Home Dual vs. CD East @ 5:45pm

Jan 21: Quad at Susquenita HS (vs Susquenita, East Penn, Etown) in the AM

[*More info, when we get it.](#)

Jan 28: Central PA Wrestling Association (CPWA) Novice Championship

[*Anticipate registration in mid-January](#)

Feb 4: PARENTS HELP SET UP @8:15pm at LDHS for tomorrow's event

[*See below](#)

Feb 5: CPWA East Regional Qualifier (i.e., qualify for the CPWA Open Championship)

[*Like last year, we will host this major event at LDHS](#)

[*Anticipate a parent sign up form to help set up/tear down mats, run tables-clocks, donate to and cover concession stand, cover admissions table](#)

Feb 11/12: CPWA Intermediate Championship, PJW, and Keystone Qualifier

[*Three separate options. More info coming.](#)

Feb 19: CPWA Open Championship @ CD East HS

[*More info coming](#)

Feb 24: Catered banquet at LDHS (snow day Feb 27).

[*Anticipate RSVP in Feb.](#)

LDW/HOME DUALS

We encourage you to attend our K-12 home events to cheer on the Falcons, learn our sport, and make friends! Expect LDW Newsletters (via email) on the day of home duals.

LDW is on [PA-WRESTLING](#), [LDW HOME PAGE](#), and [FACEBOOK](#)

JANUARY OPEN CURRICULUM

January Focus:

Positioning- Stance and Motion

Setups- One Solid Setup, Work in Two More Setups, Under Hooks

Offense- Double Leg using that Setup, High Crotch using that Setup, Snap Down, Sweep Single, Low Ankle Pick, Head Inside Single with Under Hook

Defense- Shot Defense (Sprawling), Front Headlock, Head in the Hole Near Side Cradle, Throw by

Top- Tilt, Half, Cradle, Bar, Cross Face Series

Bottom- Standup, Fighting a Half Switch, High Turn to Peterson

Themes:

Week 10 (Jan. 9) Theme – Being a good teammate (team games this week)

Week 11 (Jan. 16) Theme – Dedication

Week 12 (Jan. 23) – Sportsmanship

Week 13 (Jan. 30) – Wrestle with confidence; champions mindset

PICTURES

If you want to make or change an order, make a payment, or make up a picture session, please call Picture Perfect Productions (PPP) at 566.5643. [Click here to see and buy action shots from our duals, quads, events? \(As the season continues, more is added\).](#)

HYGIENE

If you are sick, do not attend events. Use the same precautions as you use for school. Cut fingernails and scrub in the shower after events. This is critical to maintaining health and happiness! Wash used clothing and routinely SPRAY the shoes, bag, and headgear.

MARIANNA'S FUNDRAISER

Paper order forms for [Marianna's \(pizza/subs\) Fundraiser](#) were distributed last week. If you need one, just ask. Please participate. Money/forms are due on or before Monday 1/24, while delivery is on the evening of Tuesday 1/31 in the LDHS cafe.

DAN SANDERS LD YOUTH WRESTLING MEMORIAL / FUNDRAISER

Thank you to Dr. Amber Borrelli and her family for their tremendous generosity and commitment to LDYW. The *grand* total raised and donated in the name of her father, [Dan Sanders](#), a founder of LDYW, is \$2,925. The LD community is amazing!

Thank you and go Falcons!

LDYW Board and Coaches

THANK YOU SPONSORS!

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