



December 2023 Newsletter

Dear Wrestling Families,

As we navigate this incredible wrestling journey together, I wanted to take a moment to express my deepest gratitude for the enthusiasm and dedication your young wrestlers bring to each practice and match. Your support has truly created a special community within our wrestling family.

Our little grapplers have shown tremendous growth, not just in their wrestling skills but also in the values of perseverance, teamwork, and sportsmanship. It's heartwarming to witness their passion on the mat and the friendships that are flourishing.

As we approach the holiday season, let's carry the spirit of joy and camaraderie into every wrestling session. May the lessons learned on the mat resonate in their hearts and inspire them to embrace challenges with the same determination and resilience.

Wishing you and your families a holiday season filled with warmth, laughter, and the magic that comes with the joy of wrestling.

Cheers to the wrestling spirit and the festive season ahead!

Warm regards,

Coach Murphy



Character Word of the Month | Mindfulness

A mental state achieved by focusing one's awareness on the present moment while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations. It involves paying deliberate attention to the present moment without judgment.

- Mindfulness practices often include meditation, deep breathing exercises, and other techniques aimed at promoting self-awareness, stress reduction, and overall well-being.
- The goal of mindfulness is to cultivate a heightened sense of clarity, concentration, and inner peace in the midst of life's experiences.



Shout out! | Miles, Lukas & Ashton

Congratulations on your Black Shirt achievement! This isn't just a symbol; it's a testament to your dedication and resilience. Carry the lessons from the mat into life, and embrace the challenges ahead. Your journey has just begun, and we're excited to witness your continued success. Keep wrestling with heart and purpose!



Functional Fitness Tip of the Month | Sleep

Sleep is crucial for your young athlete as it directly impacts their physical and mental performance. Here are key reasons highlighting the importance of sleep for young athletes:

1. **Physical Recovery:** During sleep, the body releases growth hormone, which is essential for physical development, muscle repair, and recovery. This is especially important for those who engage in rigorous training and sports activities.
2. **Injury Prevention:** Adequate sleep contributes to enhanced coordination and reaction time, reducing the risk of injuries during sports and training sessions.
3. **Optimal Performance:** Quality sleep is directly linked to improved athletic performance, including speed, accuracy, and endurance. Athletes who prioritize sleep often experience better results in their training and competitions.
4. **Energy Restoration:** Sleep ensures they have the stamina and endurance required for their physical activities.
5. **Hormonal Balance:** Supports the regulation of hormones, including those associated with stress, growth, and appetite.
6. **Cognitive Function:** Sleep is essential for memory consolidation, learning, and decision-making.
7. **Emotional Well-being:** Adequate sleep contributes to emotional stability and resilience, helping them better manage stress and pressure associated with sports competition and training.
8. **Immune System Support:** Those who consistently get sufficient sleep are less susceptible to illnesses, allowing for uninterrupted training and competition schedules.
9. **Growth and Development:** Sleep influences factors like bone density, muscle mass, and overall physical maturation.
10. **Recovery from Intense Training:** Intensive training sessions can lead to muscle fatigue and microtears. Sleep provides the necessary time for the body to repair and rebuild, ensuring they are ready for subsequent training sessions.

Encouraging good sleep hygiene and establishing consistent sleep routines are essential for young athletes to optimize their physical and mental well-being, ultimately supporting their athletic endeavors.

- (6-12 years old) - 9-12 hours per night
- (13-18 years old) - 8-10 hours per night

Upcoming Tournaments

- 12/10 - King & Queen Of The Mat
- 12/17 - Trojan Wrestling Club Tournament
- 12/23 - Christmas Clash Wrestling Championships
- 1/7 - 9th Annual Doug Weidner Memorial Tournament

Schedule



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1. Scan the QR code below & download Stack Team App or visit [www.teamapp.com](http://www.teamapp.com).
2. Sign up to Stack Team App and log in to your account.
3. Search for 'Wrestling With Character' and request to join.

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4028189739  
[information@wrestlingwithcharacter.com](mailto:information@wrestlingwithcharacter.com)

Support Us!

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PLEASE DONATE

Thank you for supporting our mission to build strong character in the next generation of men and women, through wrestling.

As a small, volunteer ran, community non-profit, we rely greatly on the generous support of local businesses and individuals from our community.

Please consider making a tax-deductible donation and help us provide the team resources that these young athletes deserve.

