Newsletter - December 2023

1 message

Wrestling Character <information@wrestlingwithcharacter.com> To: information@wrestlingwithcharacter.com

Mon, Dec 4, 2023 at 1:32 PM



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.

Dear Wrestling Families,

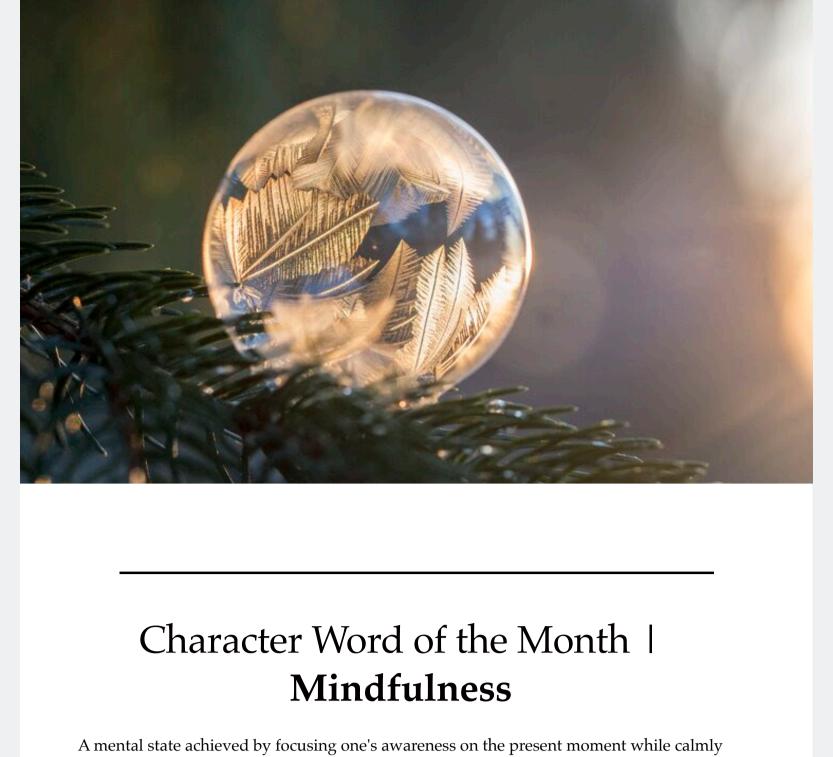
comes with the joy of wrestling.

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

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

Cheers to the wrestling spirit and the festive season ahead! Warm regards,

Coach Murphy



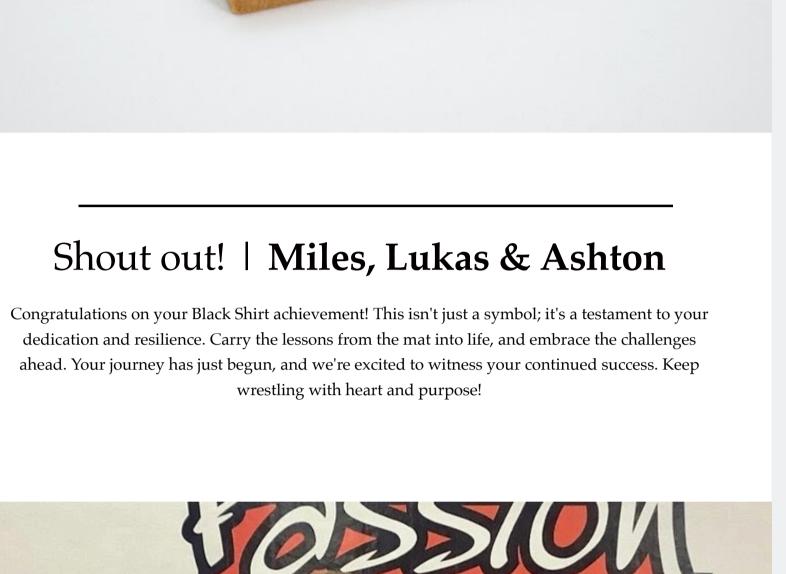
inner peace in the midst of life's experiences.

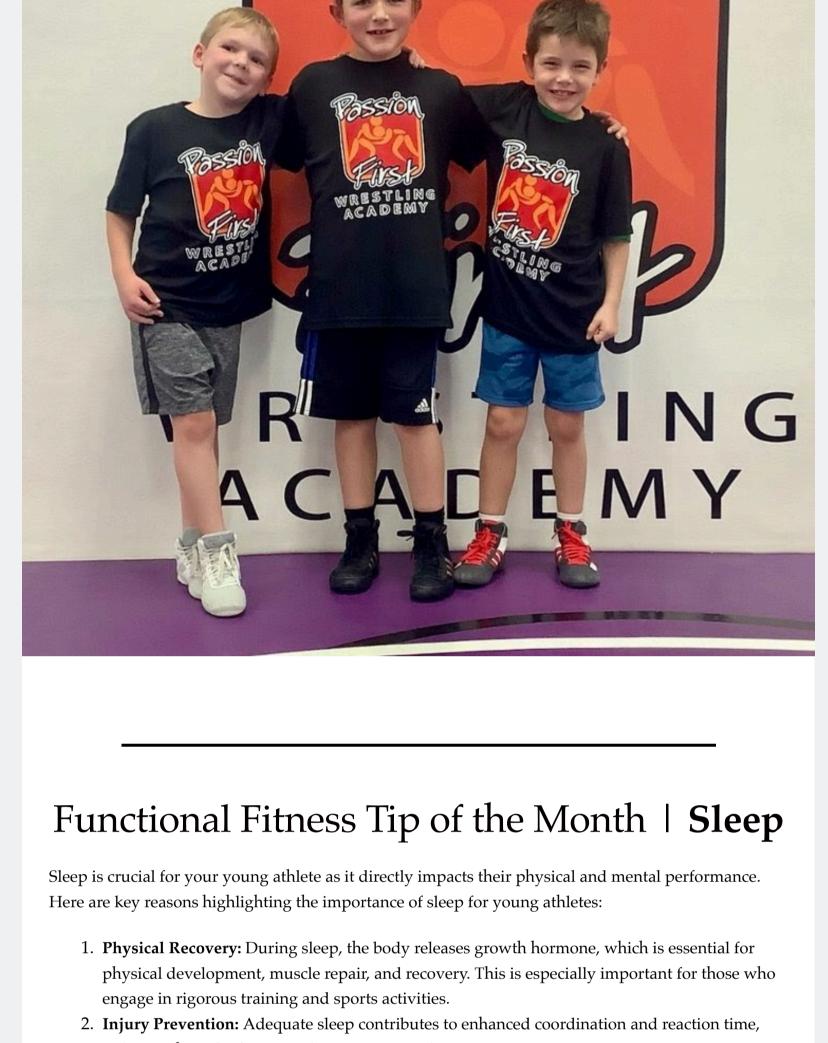
acknowledging and accepting one's feelings, thoughts, and bodily sensations. It involves paying deliberate attention to the present moment without judgment.

• 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





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

5. **Hormonal Balance:** Supports the regulation of hormones, including those associated with

physical activities.

training.

endeavors.

stress, growth, and appetite. 6. Cognitive Function: Sleep is essential for memory consolidation, learning, and decisionmaking. 7. Emotional Well-being: Adequate sleep contributes to emotional stability and resilience, helping them better manage stress and pressure associated with sports competition and

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

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

12/17 - Trojan Wrestling Club Tournament 12/23 - Christmas Clash Wrestling Championships 1/7 - 9th Annual Doug Weidner Memorial Tournament

Upcoming Tournaments

Schedule TRACKWRESTLING

12/10 - King & Queen Of The Mac

All Communication

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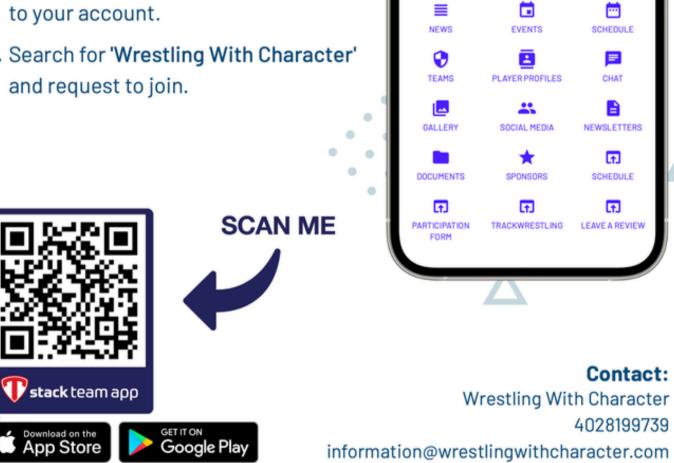


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it's free!

3. Search for 'Wrestling With Character' and request to join.

2. Sign up to Stack Team App and log in



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Support Us!



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.

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