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Holmen Women's Wrestling Newsletter - October 2023.

F.U.N.



Wrestling season is 43 days away!

- We tied our team record with eight wrestlers coming in for open mats! That's what the picture is above.
- Coach Evelyn and Coach Carl got started on recording our own technique library. We have narrowed down our technique to be more women's-specific and best for what we do. That's a huge benefit of having a dedicated women's staff!
- Coach Jaida won her MMA fight at 3 River Showdown. Congrats Jaida!
- We are working on a clothing order that will launch prior to season. We will share it with all newsletter followers when it's ready.
- We narrowed down our overall team mission to F.U.N.

[F.U.N.](#)

F - Fun, positive, and relaxed environment

U - Unity: hold each other accountable and accept everyone

N - Anywhere and Anytime to use lessons learned in wrestling to be successful off the mat

- Happy fall and cooler weather!

Coach Carl DeLuca

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