



Fostering the Sport of Wrestling for
Lakeville Youth Since 1996

125 Registrants for 2023-24

LYWA | Wrestling Kickoff – Parent Meeting

What is this wrestling club about?

Mission:

For all youth (grades Pre-K through 6th), beginners and advanced alike, we strive to provide a fun and competitive environment designed to introduce and foster the great sport of wrestling.

Program Basics:

LYWA provides practices that focus on teaching wrestling technique to help each wrestler learn, improve, and thrive in a competitive wrestling situation.

Tournaments are optional and at your cost, but highly encouraged.

We will have tournaments listed on our Sports Engine Calendars.

Paid coaches – We believe that our coaches provide the best technique along with a unique ability to meet children at their level and provide the support they need to succeed in the sport of wrestling.

Volunteer coaches – We have many parent volunteers that assist with practices and tournaments.

LYWA BOARD

- 7 Formal Members

- President: Ryan Crouley
- Vice Pres: Jamie Ganfield/Amy Klimpke
- Secretary: Melissa Pedersen
- Treasurer: David Dunn
- South Director: Jeff Mohney
- North Director: Doug Richards
- Web/Media: Lexie Thomas

We also rely heavily on our volunteers to support the club with various tasks throughout the season.

- Volunteers

- 1 or 2 year commitments
- New faces welcome! Upcoming Spots: South Director, Web/Media
- Run on your engagement

- Communicate & Engage

- Email (lywainfo@gmail.com)
- Facebook
- Parent Meetings

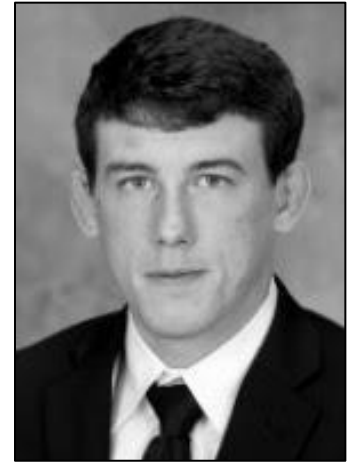
- Create Positive Experience

- Grow the sport, have fun
- Support future HS athletes

COACHING STAFF:

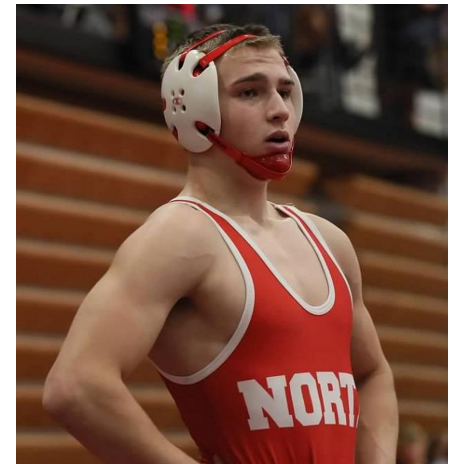
Jordan Kingsley (Head Coach)

- Began as our head coach in 2016
- 4-time wrestling letter winner, University of MN
- 3-time Academic All-Big 10
- Former MN High school state champion: Apple Valley
- Great technician – folkstyle, freestyle, Greco



Kley Krause (Pre-K | K Coach, Assistant Coach)

Kley is a 2022 graduate of Lakeville North High School who enjoyed a very successful career on the mat for the Panthers, qualifying for the state tournament twice. Wrestling runs in the Krause family; Kley will have two younger siblings in the LYWA program this year, as well as a brother on the high-school squad.



WRESTLING ROOM RULES...and some advice

- No street shoes on the mat
- Water Only in the Room (snacks & juice boxes outside)

Room Discipline

- We need your support to deliver an engaged environment
- Please re-enforce them listening well on ride in/home
- If wrestlers are distracting group pushups, sit on side, or have sit with parent
- Late Practice Group wait Outside Room until first practice ends.
- Keep items together and organized

If you chose to be in the room during practice at Lakeville North ONLY

- Keep talking to a minimum/whisper
- Younger siblings should stay seated, no running or playing on the mat
- Don't be yelling instructions to your wrestler during practice

WRESTLING ROOM RULES...and some advice

- South H.S. has a closed practice room. We will have bleachers outside the room to sit while you wait. Due to space restrictions, we are not able to have parents on the mat at South unless you are a volunteer that has communicated interest to myself or a director. We are looking for more parent volunteers for the 6pm intermediate group. Please contact us if interested.

Jeff Mahoney (South Director): gcmahonj@gmail.com

Doug Richards (North Director): dougerichards@yahoo.com

Ryan Crouley (President): rcrouley@gmail.com

- Hygiene: Fingernails & Showers
 - Clip fingernails at least weekly: easy way to give injury to another wrestler
 - Defense Soap: buy from LYWA, Amazon or Website, antifungal soap, it works
 - Shower after every single practice or meet, you will never regret it

YOUTH WRESTLING SEASON OVERVIEW:

- **3 levels of practice – descriptions on the homepage of website**
 - Pre-K|K – great early parent engagement
 - Intermediate session- foundation building, goal to retain, have fun, and build wrestlers
 - Advanced session- already at very different velocity
...meet athletes where their needs are, support everyone's development
- **Progression to Advanced Practice:**
 - Coaches will meet with you to move wrestlers from early to late sessions
 - Wrestlers that move up and aren't ready, quit having fun and don't stay with it
 - Looking at first wave of wrestlers in next week or two (balance room sizes)
 - Don't feel held back, goal is to ensure foundation first
 - Late practice expects you to know foundation (double, single, HiC, half-nelson, footwork, stance)
 - Desire to move up – connect with Jordan, Jeff, or Doug
 - Don't just change your wrestler's session.
 - Get on the mat and wrestle in addition to practice
 - Keep supporting and reinforcing your wrestler's foundation (see above)

6:00 – 7:00	Little Beginners (Tu & Th)	PK-K	LNHS
6:00 – 7:00	Beginner/Intermediate (Tu & Th)	K-4	LSHS
7:00 – 8:30	Advanced (Tu & Th)	2-6	LSHS

YOUTH WRESTLING SEASON OVERVIEW:

Tournaments:

- 3 types on calendar: Open Tournaments, State Qualifier Tournaments, and Travel Team Tournaments.

Open Tournaments - Generally at local High Schools. You arrive and register your child by grade. They will go through nail/skin checks and get weighed. They will be grouped by grade/weight/skill level. This is where you get started competing. Open tournaments will have various levels of coaching support. Wrestlers compete in order of grade, so sometimes it can be a long day.

- We have chosen beginner friendly tournaments to have our coaching staff at. Please reach out to a coach or director if you have questions regarding tournaments.
- Please RSVP through Sports Engine App if you plan to attend.
- Open Tournaments are listed on our calendars along with The Guillotine www.theguillotine.com

YOUTH WRESTLING SEASON OVERVIEW:

State Qualifier Tournaments

25 qualifier tournaments this season. Multiple opportunities each weekend. These are geared for wrestlers that have some experience competing and are interested in qualifying for the state tournament in March

- MNUSA Wrestling Athlete Membership Required. \$55 can be purchased here.
<https://www.mnusawrestling.org/page/show/1037882-general-membership-information>
- Register for tournaments and pay registration fee on Trackwrestling
<https://www.trackwrestling.com/Login.jsp>
- Qualifier Tournaments are listed on the MNUSA Website.
<https://www.mnusawrestling.org/page/show/27514-calendar>

YOUTH WRESTLING SEASON OVERVIEW:

Travel Team Tournaments

LYWA traveling team:

- 5 or more tournaments per season
- Wrestle-offs for lineup spot 12/5 & 12/7
- We do bring multiple athletes at certain weights. The winner of a wrestle off isn't necessarily the starter. The coaching staff has the final say on the lineup for each matchup.
- matchups by weight only (not age)
- 45, 50, 55, 60, 65, 70, 75, 80, 84, 88, 93, 102, 115, 130, HWT
- We will be bringing the team to the state tournament again this year.
- Full uniform provided
- Seperate fee

YOUTH WRESTLING SEASON OVERVIEW:

3 Phases of Season

1. Regular Season - 11/2 /23- 1/11/24 Season runs through holidays concluding with the Takedown-a-thon Fundraiser. Most of the beginner and intermediate wrestlers will be done at the end of this season.
2. Competition Season - 1/16/24 - 2/8/24 Increased Pace and Focus. Wrestlers in this phase should be competing regularly with an emphasis on qualifying for the state tournament if they haven't already.
3. State Tournament Prep - 2/13/24 - 3/12/24 Extremely Advanced Pace and Focus. Check your feelings at the door. This group has 1 goal and that is to advance through regionals and wrestle in the state tournament

Optional Competitions

Open Tournaments

Mostly Sat/Sun
at local school
4 Man Round Robin
All Trophy or Medal
Grade/Weight/Skill

Coach
Supported

Independant

Coach
Supported &
Club
Sponsored

Travel Team Tournaments

Mostly Sat/Sun
Approx 45-60 min Drive
Generally 8 Teams
Top 3 Teams Place
K-6 by Weight
Seperate Fee
WRESTLE OFF FOR
TEAM PLACEMENT

State Qualifier Tournaments

Mostly Sat/Sun
Anywhere around State
Register Online Through
TrackWrestling
Membership Required
Point System for Qualification
Often Coach Supported

Equipment and Skin Care:

- Equipment
 - Shorts/T-Shirts For Practice
 - Singlet, or Fight Shorts/Compression Top for competitions
 - Wrestling Shoes (never to be worn outside)
 - Headgear (for competition or practice)
- Equipment Resources
 - LYWA Gear Shop (LYWA website under more+)
 - Select Tournaments will have vendors
 - LYWA Gear Sale - 11/16 6:00-8:30
- Skin Care
 - Hot, soapy showers after each practice, competition- Defense Soap
 - Wash clothes
 - Mats cleaned daily

Tournament List

Saturday, November 11, 2023
 Saturday, November 18, 2023
 Sunday, December 03, 2023
 Sunday, December 10, 2023
 Saturday, December 16, 2023
 Sunday, December 17, 2023
 Saturday, December 30, 2023
 Saturday, January 6, 2024
 Saturday, January 6, 2024
 Sunday, January 7, 2024
 Saturday, January 13, 2024
 Sunday, January 14, 2024
 Sunday, January 14, 2024
 Saturday, January 20, 2024
 Sunday, January 28, 2024
 Saturday, February 3, 2024
 Sunday, February 4, 2024
 Sunday, February 4, 2024
 Saturday, February 10, 2024
 Sunday, February 11, 2024
 Sunday, February 18, 2024
 Saturday, March 9, 2024
 Thursday, March 14, 2024
 Friday, March 15, 2024
 Saturday, March 16, 2024
 Sunday, March 17, 2024

Open Tournament
 Qualify Meet
 Qualify Meet
 Travel Team
 Open Tournament
 Qualify Meet
 Qualify Meet
 Open Tournament
 Qualify Meet
 Travel Team
 Qualify Meet
 Travel Team
 Open Tournament
 Qualify Meet
 Qualify Meet
 Qualify Meet
 Travel Team
 Qualify Meet
 Open Tournament
 Qualify Meet
 Regional Meet
 Regional Meet
 State Tournament
 State Tournament
 State Tournament
 State Tournament

Rosemount High School
 Apple Valley MNUSA Qualifier
 Lakeville MNUSA Qualifier
 Travel Team @ Prior Lake
 Lakeville South Peterson Memorial
 Owatonna MNUSA Qualifier
 Rogers MNUSA Qualifier
 Prior Lake Open
 White Bear Lake MNUSA Qualifier
 Lakeville Team Tournament
 Simley MNUSA Qualifier
 Centennial King of the North
 Farmington Open
 Shakopee MNUSA Qualifier
 Waconia MNUSA Qualifier
 Anoka MNUSA Qualifier
 Anoka Team Tournament
 Cannon Falls MNUSA Qualifier
 Edina Open Tournament
 Centennial MNUSA Qualifier
 Shakopee MNUSA Regional
 Forest Lake MN/USA Regional
 Rochester, MN
 Rochester, MN
 Rochester, MN
 Rochester, MN

Coach Supported

Club Sponsored

How We Support Your Wrestler

Coach Supported - We will try to have enough coaches present so that every athlete has someone in their corner supporting them.

Club Sponsored - LYWA will pay the entry fee for all the wrestlers and we will provide coaches.

Jordan Supported - Jordan rarely misses a popular tournament. Chances are he will be there ready to coach. But until we are able to clone Jordan, he can only cover so many mats.

In order for this plan to work, we need to to RSVP to all tournaments that you would like a coach present for.

Volunteer Requirements

Wrestlers - Take Down-a-thon- this is a fun way for the kids to raise money, exercise and earn cool prizes!

Packet Handout 11/21 at practices

Event will be held 1/4 at practices

Families - Volunteers needed for all aspects of tournaments

MNUSA Qualifier @ North 12/3

Team Dual @ South 1/7

Volunteer sign-up will go live soon. Watch your email!

MNUSA Tourney 12/3/23

- MNUSA State Qualifier at Lakeville North.
- Why do we host
 - Provides 25% of our entire operating costs, solid revenue generator
 - If you can't cover in some way, there are other opportunities to donate items for concessions
- When is it
 - December 3rd
 - Set-up – Saturday 12/2
 - Meet & tear down – Sunday 12/4
 - Will be held at LNHS

Kid Kat Team Dual Tourney 1/7/24

- Why do we host
 - Provides 25% of our entire operating costs, solid revenue generator
 - If you can't cover in some way, ask a friend to cover for you
- When is it
 - January 7th
 - Set-up – Saturday 1/6
 - Meet & tear down – Sunday 1/7
 - Will be held at LSHS

Takedown-A-Thon Annual Fundraiser

- How it works:
 - Wrestler asks for donations between now & first week of January
 - January 4th – do 100 takedowns during practice to say thank you
 - Prizes for different goals
 - \$100-\$149: Prize Level 1
 - \$150-\$199: Prize Level 2
 - \$200-\$249: Prize level 3
 - \$250+ Top prize level
 - Top Earner receives a prize and a plaque
 - \$75 buyout if you chose not to participate

Questions?