

JANUARY  
2024



BYRON BEARS  
YOUTH  
WRESTLING CLUB

# BYRON BEARS WRESTLING DEN



## BYRON CHALLENGE

*Sunday, February 18, 2024*

On Sunday, February 18th, we will host our second youth tournament of the season. This is a great fundraiser for our wrestling club and we need parent volunteers to help make the event a success!

Our Byron Youth Team will be competing. If your child is wrestling, we will make sure you can still watch your child wrestle.

### **Tournament Details**

The tournament is held at Byron High School. This is a club-sponsored team event.

8:00 - 9:00 am Weigh-Ins & Skin Checks

9:45 am Wrestling Begins

Admission: \$10/Adults; \$5 Seniors/K-12

Parent volunteers needed!

Please sign-up to volunteer through the [sign-up genius!](#)

Thanks!

*Parents, click here!*

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## SKIN CHECKS!

*Diligence and Vigilance are Key!*

Due to the close contact our kids have in the sport of wrestling, being aware of skin health is essential. Make sure your wrestler showers after EVERY practice or meet! Use antifungal soap such as Defense.

In addition to proactive showering, check your child's skin regularly for signs of infection. A [new document](#) has been added to our website (scroll to the skin infection section) to provide more information about skin infections easily transmitted through wrestling. Notify the coaches if your wrestler has symptoms of any skin infection and seek medical care from your primary care provider.



## SPORTS ENGINE

*Byron Wrestling Club's Communication Tool*

Many of you have downloaded and are using the Sports Engine app! We love seeing the podium and action photos of your wrestlers. If you have someone in your household who still needs access to the app, please reach out to Jill Walters to add them! Email Jill at [walters.jill@byronbearswrestling.com](mailto:walters.jill@byronbearswrestling.com).

Coach Adam will continue to post RSVP requests for team-sponsored tournaments. Please make sure you RSVP for your wrestler as wrestler names are submitted ahead of time. Thanks for responding and helping us out!

## BEARS WRESTLING MERCHANDISE

*Looking for wrestling Bear-wear?*

Check out our club store:

- [Bears Wrestling Game One Store](#)



Follow Us on the Web: [www.byronbearswrestling.com](http://www.byronbearswrestling.com) & on social media:



[Byron Bears Wrestling Club](#)



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## MEET COACH ANDREY BORKOVSKIY

*Assistant Coach*

Coach Andrey is the dad of wrestlers Nikolai and Sofia. He joined the youth wrestling coaching staff officially this year, but he's been in the wrestling room helping wrestlers in previous seasons. Andrey is enjoying this new role and refreshing his knowledge since being a contender himself 20 years ago. Andrey wrestled for Century High School and graduated in 2002. He was a team captain and had around 35 wins his senior year. Andrey credits his wrestling years and the ethics of hard work it taught him to smoothly transition into adulthood. Coach Andrey states it has been a privilege working with all of the wrestlers, getting to know their parents, and he looks forward to the rest of the wrestling season.



## WHAT'S THE SCORE?

*Learning the basics of scoring in wrestling*

If you are new to the sport of wrestling, the scoring system can be confusing at first. Takedown, reversal, near fall, escape..... and points?! Whew - it is a lot to learn!

A new resource has been posted to our webpage to help break down the scoring. Check it out on the youth wrestling page [New To Wrestling](#) scroll down to find Scoring in Wrestling.



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## PINS FOR PINS

*Happening Again This Year!*

The Byron Youth Wrestling Club celebrates wrestlers' success with "Pins for Pins". Every time a wrestler gets a pin, they will be give a black or yellow diaper pin. Wrestlers can attach the pins to stocking hats or backpacks.

Pins will be given at the end of practices by one of the "Pin Ladies" aka a wrestling mom! Pins are reported on an honor system.

\*\*Note, keep track of your wrestler's record through out the season for the end of the year banquet. Use the [club's reporting form](#) to submit your wrestler's record each week!



## BOARD OF DIRECTORS

*Byron Wrestling Club*

The Byron Wrestling Club Board of Directors and Coaches meet monthly on the first Tuesday evening of the month. We welcome new new members. If you would like to join, contact one of the board members or coaches below.

### **2023-2024 Byron Wrestling Board**

**\*\*Denotes Coaching Team**

- Beth Connelly
- Isaac Jestus \*\*
- Kailey Jestus, Secretary
- Paul Lorentz \*\*
- Beau Lorentzen \*\*
- Justin Mathre, Tournament Director
- Sarah Minter
- Nate Nelson \*\*
- Alli Nemechek, President
- Holly Radke, Treasurer
- Ryan Radke \*\*
- Sara Schaudenecker
- Ryan Sorenson, Vice President
- Tracy Steele
- Adam Walters \*\*
- Jill Walters, Webmaster

## FISHING FOR TOURNAMENTS

### **Individual Tournaments**

Wrestling is an individual and team sport. We STRONGLY encourage wrestlers in the competitive program to participate in one tournament every 2-3 weeks. Most individual tournaments put wrestlers in 4-6 person brackets by age and weight.

How do you find out about individual tournaments?

- The Byron Wrestling Club pays for Byron wrestlers to participate in 8 individual tournaments. These tournaments will be added to Sports Engine once they are finalized.
- You can look for other open tournaments on the [The Guillotine website](#).
- Open tournaments are typically same-day registrations

### **Mark Your Calendars! Club-Sponsored Tournaments:**

The Byron Wrestling Club will pay the individual entry fees for the following tournaments for wrestlers in the competitive program.

#### **Individual Tournaments**

Thursday, January 11 -	Cannon Falls Dual @ Home - HOLD DATE
Saturday, January 13 -	Goodhue Tournament
Sunday, January 28 -	Rochester Century Panther Tournament
Saturday, February 3 -	Razorback Tournament - Blooming Prairie
Saturday, February 17 -	Waseca open tournament
Sunday, February 18 -	Byron Challenge - individual w/team scoring & Byron Challenge, Girls Only