

DECEMBER
2022



BYRON BEARS
YOUTH
WRESTLING CLUB

BYRON BEARS WRESTLING DEN



EARLY BIRD TOURNAMENT

FRIDAY, DECEMBER 9, 2022

The first hosted wrestling tournament is just around the corner. To ensure we have a successful event, we need all parents to help volunteer! Check out the [Sign-Up Genius](#) list for an opportunity to volunteer.

Tournament Details

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

4:30 pm Weigh-Ins & Skin Checks

5:30 pm Wrestling Begins

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

More tournament details can be found on the [Byron Wrestling Program Website](#).



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RECREATION → COMPETITIVE

Does Your Wrestler Want More?

The wrestling season has just begun, but if your child is wanting more structure and would like to continue beyond the recreation season, he or she can transfer to the competitive program.

Practices will continue through February and monthly club-sponsored tournaments will be offered. To transfer your child to the competitive program:

- Text Jill Walters @ 507-358-3643
- Pay registration difference of \$100



SPORTS ENGINE

Byron Wrestling Club's Communication Tool

Sports Engine is the tool the Byron Youth Wrestling Club uses to communicate to members.

Practice schedules, tournaments and other club events are posted on the calendar in Sports Engine. RSVP for practices and tournaments.

A chat function in Sports Engine can be used for informal communications between club members. Formal communication will be sent through email.

BEARS WRESTLING MERCHANDISE

Looking for wrestling Bear-wear?

There are two places you can purchase Byron Bears Wrestling merchandise:

- [Youth Wrestling Gear - Squad Locker](#)
- [High School Gear - Game One](#)
(password: bears)



Follow Us on the Web: www.byronbearswrestling.com & on social media:



Byron Bears Wrestling Club



ByronWrestling

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ILLNESS

Keep Our Program Healthy!

Cold and flu season is upon us. If your child is sick or not feeling well, keep them home. This is especially important due to the close contact in our sport.

If your child has been recently ill, he or she needs to be **fever-free and had no episodes of vomiting or diarrhea for 24 hours before returning.**



PRACTICE

Rules of the Wrestling Room Reminders

- Be on time for practice
- Change shoes/boots outside of wrestling room. Line up personal belongings along the hall outside the wrestling room.
- Bring personal water bottle to practice
- Limit spectating in the wrestling room. It is hot and crowded. Parents who want to help coach, reach out to Adam and Paul.
- To prevent skin infections, shower after each practice. Check skin daily and report problems to coaches.
- Keep fingernails trimmed.

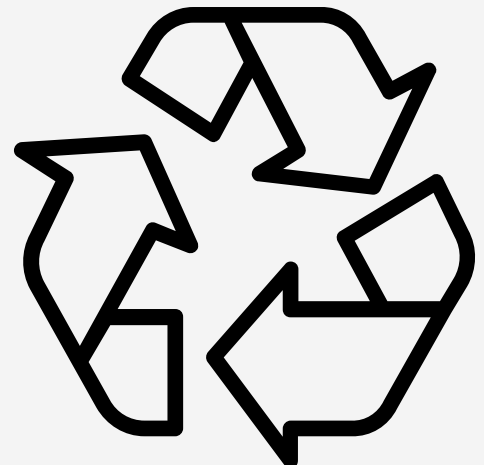
RECYCLED GEAR

Empty Your Closets and Pay it Forward!

A bin of recycled wrestling gear in the high school wrestling room is available for families. Families looking for gently used items, help yourself to items in the bin.

Our supply of gently-used wrestling gear is running low. Please go through your family's wrestling gear and consider donating items you no longer use.

Old singlets are also available for \$5 to purchase. Supply and sizes are limited.



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PINS FOR PINS

New This Year!

The Byron Youth Wrestling Club is going to implement "Pins for Pins" this season to create some excitement and visibility. Wrestlers can attach the pins to stocking hats or backpacks.

Pins will be at club-sponsored tournaments or meets. For pins that are achieved at other tournaments, parents can report them to Joleen Larsen via text at 507-259-0687

**Note, keep track of your wrestler's record through out the season for the end of the year banquet. See the example sent with this newsletter.



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 4 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](#).

Mark Your Calendars! Club-Sponsored Tournaments/Meets:

The Byron Wrestling Club sponsors a few individual and team tournaments for the competitive program. Here are the dates identified so far:

Individual Tournaments

Friday, December 9 - Byron Early Bird Tournament

Friday, January 13 - Triton Tournament

Thursday, January 19 - Home Meet

Saturday, February 18 - Waseca

Team Tournaments (wrestle-offs will occur to form team)

Saturday, January 14 - Triton

Saturday, January 21 - Waseca

Sunday, February 19 - Byron Challenge

BYRON WRESTLING CLUB BOARD

The Byron Wrestling Club Board meets monthly on the first Tuesday evening of the month. We are currently seeking new members. If you would like to join, contact one of the board members or coaches below.

2022-2023 Byron Wrestling Club Board Members

****Denotes Coaching Team**

- Sheena Bartel
- Tom Cardinal **
- Isaac Jestus **
- Kailey Jestus
- Joleen Larsen
- Paul Lorentz **
- Beau Lorentzen **
- Justin Mathre
- Nate Nelson **
- Alli Nemechek
- Amy Petersen
- Mitchel Petersen **
- Holly Radke
- Ryan Radke **
- Ryan Sorenson
- Tracy Steele
- Adam Walters **
- Jill Walters



**LOOKING
FOR NEW
BOARD
MEMBERS!**

