



Salisbury Youth Association Wrestling Program

Parents Meeting Agenda – 6:30 PM, November 12, 2025

- **Introduction**
 - **Head coach:** Jason Litzenberger
 - **Director:** Liz Young
 - **Treasurer:** Mike Dredge
 - **Fundraising Team:** Devon Dredge and Jenelle Hallman
 - **VEWL match org:** Donna Ellis
 - **Statistician:** Katrina Mills and Adam Segall

- **Means of Communication:**
 - Sports Engine App (important that you're preferred contact method is setup)

- **SCHEDULE** on [Wrestling Home Page](http://syasports.net/wrestling) (<http://syasports.net/wrestling>), click on Match Schedule
 - ***Almost finalized – will put into sports engine when it is final (soon)***
 - Week 1: Varsity and Novice 12/7/25 at Catasauqua
 - Doors open 8:00am
 - Novice 8:30 am
 - Weigh ins 9:00 am
 - Wrestle 10:00 am
 - Week 2: Round Robin (JV) Tournament 12/14/25 at Nazareth
 - Doors open 7:30am
 - NO Novice
 - Weigh ins 8:00 am
 - Wrestle 8:30 am
 - Week 3: Varsity and JV Round Robin matches 12/21/25 **at Salisbury**
 - Doors open 8:00am
 - Novice 8:30 am
 - Weigh ins 9:00 am
 - Varsity 10:00 am
 - JV arrival 11:00 am
 - Week 4: Varsity and Novice 1/4/26 at Pleasant Valley
 - Week 5: Varsity and JV Round Robin matches 1/11/26 at Eastside
 - Week 6: Round Robin (JV) Tournament 1/18/26 at Emmaus
 - Week 7: Placement Round Matches 1/25/26 **at Eastside(but maybe Salisbury)**
 - Novice Tournament 1/31/26 (these are all typically at Northampton)
 - JV Tournament 2/1/26 (these are all typically at Northampton)
 - Varsity Tournament 2/7-8/26 (these are all typically at Northampton);
 - Possibly a girls tournament this weekend.
 - **Possibly TWO girls-only events**
 - Week 3 on Sat 12/20 in ~2 PM (Nazareth)
 - Week 6 on Sun 1/18 in PM (Bethlehem Township)

- RSVPing your athletes for practices and events in SportEngine.
- **EVENTS**
 - Practices:
 - Starting next week: Monday, Tuesday, Wednesday, and Thursday
 - Monday – JV/Varsity
 - Tuesday – Novice
 - Wednesday and Thursday – entire team.
 - (later) We'll have Monday practices at and with East Side
 - Practices will be located at either East Side Youth Center (ESYC) or at Salisbury. Coach Jason will indicate this in the weekly emails.
 - For reference, ESYC's Address is: 140 E. Clari Street, Allentown, PA 18109
 - [Practice Information \(Syasports.net/wrestling, then click on Practice Regulations and Schedule\)](https://syasports.net/wrestling)
 - **Uniform Handouts** – 12/4/24 6:15p to 7:15 pm. You will need to have your uniform deposit check made out to SYA Wrestling *deposit checks (\$100) from families. Please bring your checks to this meeting.*
 - *\$100 per Wrestler – you get it back if you return your uniform!*
 - NOTE: Personalized Sweatshirt Hoodies & Sweatpants... **wrestlers keep!**
 - **High School Youth Night:** Friday 12/12 vs Bangor
 - JV 6pm
 - Youth introduction 6:30
 - Varsity Match 7pm
 - Home High School matches are 12/9 (alum night); 12/12 (youth night), 12/18 (after our picture day)
 - **Picture Day** – Thursday 12/18 starting at 5:30.
 - Also a Home HS Match starting at 6pm (we might go to this as a team!)
 - Preorder before picture day
 - www.bishopphoto.com
 - LEAGUE CODE SYAWR25
 - May place their orders online, print out confirmation receipts from their email, and bring that to picture day.
 - may also write down confirmation number & the athlete's name from the email
 - Customer Service, 1-800-735-1258 or service@bishopphoto.com
 - **Lehigh Match** – Sat 1/17 starting at 2:00 PM.
 - We are planning this trip with the High School Team
 - Photocircle
 - *We are going use Photocircle to share photos of kids during games. I plan to use the pictures we collect as part of the end of season gift. So please snap picture and upload to photocircle so I am sure to have pictures of every kid!*
 - *Scan the QRcode below and join our Wrestling group (download app on your phone)*
- **Parent Participation**
 - *Volunteer Deposit Checks (\$100 per Wrestler – you get it back if you volunteer!)*

- **WE HAVE TWO (hopefully) LARGE VEWL EVENT THIS SEASON:**
 - Novice/VARSITY/JVRR MATCH 12/21 (SETUP ON 12/20)
 - Placement MATCHES 1/25 (SETUP ON 1/24) ** might be at Eastside
 - Participation is so important to support our wrestlers as well as each other throughout the season, as they say, “it takes a village, to raise a child... it takes a city to support your youth association!” Please get involved as much as possible and meet the other folks on the team!
- **VOLUNTEER + Food donations**
 - *Sign-up genius lists will be utilized for multiple support opportunities (See QR codes at the end of the document).*
 - *Setup/teardown*
 - *Scoring Tables*
 - *Concessions*
 - *Thank you, Donna, for concession stand organization!!*
 - *Pro-tip! Sign up for a time slot what will be different from when your kid is expected to wrestle*
 - *If Novice (which wrestles in the AM early), sign up for 10 am or after. Or for set up and break down.*
 - *If JV/Varsity, sign up EARLY mornings. Or for set up and break down.*
- **Downloadable Documents** on Syasports.com/wrestling: PDF documents to share:
 - *Parent's Guide to Youth Wrestling*
 - *FOLKSTYLE WRESTLING RULES EXPLAINED*
 - *VEWL (League) By laws*
 - *Ref Hand Signals*
 - *SYA Code of Conduct - Wrestlers and Parents; See #12 for “parents in the room” policy*
- **SOCIAL MEDIA:**
 - Facebook – *SALISBURY WRESTLING-FWC* (See QR code below)
- **Fundraisers:**
 - **Fundraiser Coordinators**
 - Devon Dredge, Jenelle Hallman (THANK YOU!!!)
 - **Fundraiser Buyout \$100 All Checks due 11/30/23**
 - Raffle Baskets
 - More Information to follow
 - VEWL league raffle tickets
 - More information to follow
- **Team Store** to buy cool Merch – OPENED NOW!!
 - I will also send out a link in sports engine soon for parents/grandparents/ fans/everyone to buy cool gear and support the team!
- **Code of Conduct (Highlights):**

- Student Athlete – Student comes first!
- Practice Standards... 5:50pm arrival... 6pm on the mats:
 - Monday, Tuesday, Wednesday, and Thursday... (see above schedule)
 - **NOTE:** When school is cancelled or early dismissal for inclement weather – NO PRACTICE
- Practice Attire: Headgear **must be worn at all times, no exception**; wrestling shoes, shorts, T-shirts (no buttons or zippers), if sweatshirts are worn hoods are not allowed for practices.
 - If your kid has sensitive skin - full suit rash guard attire is available and could be useful to buy
- You must remove your shoes to enter the wrestling room. Keep wrestling shoes clean (clean shoes = clean mats & no debris means no abrasions)
- DO NOT WEAR WRESTLING SHOES OUTSIDE OF WRESTLING ROOM OR GYM
- Hydration: Please bring water/Gatorade bottle to practice... water fountain also available.
 - Hygiene:
 - **Wrestlers MUST shower after practice...** to prevent skin infections
 - Please check nails... keep nails short and clean
 - At every match, there is a **skin and nail check** by the referee and opposing coaches
- First year kids will start out as exhibition (Novice) – goal is to get them lots of mat time with kids of the same weight and experience. These are unscored bouts where there are several groups of wrestlers on a single mat.
- Varsity and JV spots will be earned during **wrestle-offs on Monday's**.
- Match Day
 - Wrestlers must stay with their team until all teammates are done
 - Exhibition may leave after exhibition is done; however, we strongly suggest that exhibition stay to see their JV and varsity teammates wrestle
 - JV and Varsity must stay with team until all wrestlers have finished
 - If you are one of the first people at the event – message the SportsEngine chat to let people know where you are so we can all sit together
- **One last summary of the checks/money situation since it gets confusing**
 - \$100 fundraiser buy out – if you give us this, you do not have to do the fundraisers. And it's easy peasy.
 - No one has to give this check. If you are going to do fundraisers, then do nothing for the check, and participate in the fundraisers.
 - \$100 check (**I will not cash it**) as a promise you will help volunteer at the home VEWL matches.
 - Everyone must give me this check.
 - If you volunteer, I give you the check back. If you do not volunteer, I cash it.
 - \$100 check (**I will not cash it**) as a promise you will return the uniform.
 - Everyone must give me this check.
 - If you return the uniform, I give you the check back. If you do not return uniform, I cash it.

- QUESTIONS?

- QR codes for important links:

SYA Wrestling:



SYA Clothing Store (wamiswag):



Week 3 (Sign up for volunteer time slot **AND** food to bring):

You should sign on BOTH Sign up Geniuses



Week 7 (Sign up for volunteer time slot **AND** food to bring): **Might not happen. But sign up in case!

You should sign on BOTH Sign up Geniuses



Facebook (Falcons Wrestling):



Photocircle:



SALISBURY YOUTH ASSOCIATION
WRESTLING

THURSDAY 12/18/25 *SEE YOUR HEAD COACH FOR YOUR SCHEDULED TIME*



PRE ORDER BEFORE PICTURE DAY!
VISIT WWW.BISHOPPHOTO.COM
ENTER LEAGUE CODE: SYAWR25

- Please give your **printed confirmation receipt to your child OR write down your child's name & confirmation number** to hand to the photographer.
- Please arrive 10 minutes before your picture time, dressed in full uniform!
- An individual photo, followed by a team photo will be taken @ your scheduled time.
- Pictures will be shipped directly to the homes of those who place orders, once all images are processed.



GOT MORE
QUESTIONS?

www.bishopphoto.com 800.735.1258

**DONATE YOUR
GENTLY USED SHOES!**



SHOE DRIVE

**BENEFITS SALISBURY FALCON
WRESTLING BOOSTER CLUB**

**NOVEMBER 15
10AM - 2PM**

Salisbury
Administration
Building
1140 Salisbury Rd,
Allentown, PA 18103

**DECEMBER 20
9AM - 1PM**

Salisbury
Middle School
3301 Devonshire Rd,
Allentown, PA 18103

This event is not endorsed or sponsored
by the Salisbury Township School District.