

DECEMBER
2023



BYRON BEARS
YOUTH
WRESTLING CLUB

BYRON BEARS WRESTLING DEN



EARLY BIRD TOURNAMENT

FRIDAY, DECEMBER 8, 2023

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 sign up to volunteer. Thank you!!

Tournament Details

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

4:00 pm Byron 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 (schedule on page 4). To transfer your child to the competitive program:

- Email: registration@byronbearswrestling.com
- Pay registration difference of \$125 via cash, check or Venmo.



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.

Download the Sports Engine app and look for 2023-2024 Byron Bears in the team search.

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 & on social media:



[Byron Bears Wrestling Club](#)



[ByronWrestling](#)

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ILLNESS

Help 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.**

****Make sure your wrestler showers after every practice and meet! Use antifungal soap such as Defense.**



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 or Beau and Brent.
- To prevent skin infections, shower after each practice using an antifungal soap. Check skin daily and report problems to coaches.
- Keep fingernails trimmed.

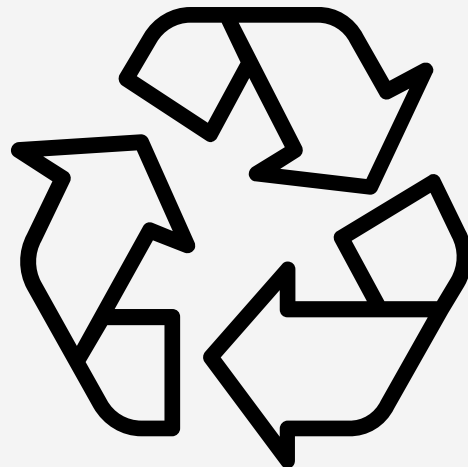
RECYCLED GEAR

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.

New singlets are available for purchase for \$50. Sizes are limited.



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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 given 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 wrestling mom!

**Note, keep track of your wrestler's record through out the season for the end of the year banquet. A google form will be sent to help you with reporting your wrestler's record.



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

Friday, December 8	-	Byron Early Bird Tournament
Saturday, December 16	-	Lakeville South - Peterson Classic
Friday, December 22	-	Pine Island Holiday Tournament
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

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



MEET THE COACHES!

We are so grateful for the Byron Youth Wrestling Coaches! They give so much time to our program on and off the mat. There are 68 wrestlers registered this season so they have their hands full! If you are interested in helping, please reach out to one of them!



BRENT FRANKO

Assistant Coach

Brent is a 2003 Triton graduate. Wrestling is a Franko family tradition. Brent's dad, uncles, brother and cousins all wrestled. Brent was a 2-time state wrestling participant. The tradition continues as Brent's son Keenyn started wrestling last year!



BEAU LORENTZEN

Assistant Coach

Beau is a 2022 Byron graduate and started coaching with the youth program last season. Beau brings his invaluable recent wrestling experience to the program. The kids look up to Beau and love having him in the wrestling room!



PAUL LORENTZ

Assistant Coach

Paul wrestled for Hastings High School and was a state-competitor placing 4th. He was also recognized as an Academic All-State wrestler. Paul is a competitive weight lifter, registered nurse and dietitian. Wrestling is part of the Lorentz family as Paul's three boys – Max, Gus and John Paul wrestle for Byron.



ADAM WALTERS

Head Coach

Adam wrestled for LCWM High School and was a 3-time state place winner. He carried a 126-20 high school record and also achieved Academic All-State. Adam's son Finn has been in the Byron wrestling program for the past five years.