



# BYRON YOUTH WRESTLING

Parent Meeting  
October 29th

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# Meet Your Board Members

- Ryan Sorenson - President
  - Holly Radke - Treasurer
  - Sarah Minter - Concessions
  - Jill Walters - Web & Registrations
  - Sara Schaudenecker - Vice President
  - Tanelle Franko - Secretary
  - Nikki Borkovskiy - Secretary
  - Matt Ahlberg
  - Beth Connelly
  - Ryan Radke - Head HS Varsity Coach
  - Adam Walters - Head Youth Coach, Varsity Assistant
  - Isaac Jestus - HS Girls Coach, Varsity Assistant
  - Paul Lorentz - Youth Assistant
  - Justin Mathre - Youth Girls Coordinator
- 
- We are always looking for new board members.
  - The board meets monthly; the first Wednesday of each month.
  - If you wish to learn more/join connect with a member.

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# Meet Your Youth Coaches

- Adam Walters – Head Coach
  - Wrestled in high school at LCWM
  - Academic All-State
  - 3-time State Place Winner
  - 126-20 HS record
  - Son Finn - 6th Grade



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# Meet Your Youth Coaches

- Paul Lorentz – Assistant Coach
  - Wrestled for Hastings High School
  - Top state placement: 4<sup>th</sup>
  - Academic All-State
  - Competitive weightlifter
  - Registered nurse and dietitian
  - Dad of 2 wrestlers: Max 5th Grade, Gus 7th grade,



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# Meet Your Youth Coaches

- Beau Lorentzen
  - 2022 Byron Graduate
  - Youth coach since 2022-23 season



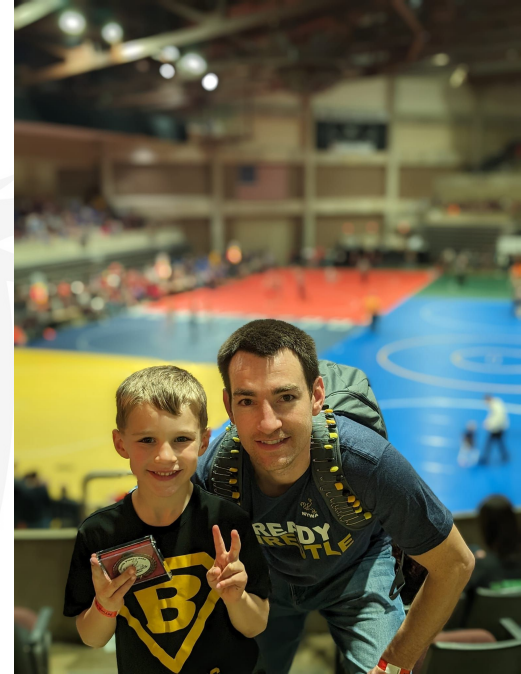
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# Meet Your Youth Coaches

- Assistant Coaches
  - Brent Franko
    - 2003 Triton Graduate
    - Wrestling is family tradition; dad, uncles, brother and cousins all wrestled.
    - 2x State Participant
    - Son Keenyn - 2nd Grade



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# Meet Your Youth Coaches

- Assistant Coaches
  - Andrey Borkovskiy
    - Rochester Century Graduate 2002
    - Daughter Sofia - 6th Grade
    - Son Nikolai - 3rd Grade



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# Meet Your Youth Coaches

- Assistant Coaches
  - Vicente De Leon - aka "Pickel"
    - Byron Graduate 2021
    - Started coaching 2024-25



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# Meet Your High School Coaches

- Ryan Radke
- Isaac Jestus
- Zach Hanson
- Jake Thompson
- Adam Walters



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# Wrestling Programs

- **Pre-K through 2nd grade - new/novice wrestlers - rec program**
  - High School wrestling room
    - Girls and Boys
    - 6pm - 6:45
- **K through 6th grade - experienced wrestlers - competitive program**
  - High School wrestling room
    - Girls and Boys
    - 6pm to 7:15pm

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# Youth Program Schedules

## **Recreational Program – 6 practices; 2 weeks**

- December 1, 2, 4 - 8,9 & 11th @ **6pm-6:45pm - High School**
- Create a space for kids to learn more about the sport.
- Wrestler can convert to competitive program.
- Eligible to compete in our Byron Early Bird Tournament (December 12)

## **Competitive Program – Monday, Tuesday, Thursday (some on Wednesday)**

- December 1st - 11th @ **6:50 pm-8pm - High School**
- December 15th to February 26th @ **6pm-7:15pm - High School**
- All practices and tournaments will be listed on the app.
- No practice during home Varsity meets.

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# Girls Only Practice Schedule

- **GIRLS ONLY PRACTICE**
  - Practices will be led by Byron HS Girls wrestlers
    - Free Try It practices open to all K-12 Byron girls
      - At the Middle School Wrestling Room
      - 6:30pm to 7:45pm
      - November 5th, 11th and 18th
    - 
    - Wednesday Practices at High School wrestling room - competitive program
      - 6pm to 7pm
      - Most wednesdays throughout the season
      - Schedule will be listed on the sports engine app

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# Picture Night

- **Competitive Program**
  - TBD
  - Tentative date; Tuesday January 6th.

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# Rules of the Wrestling Room

- Be on time for practice.
  - **Enter on the west side lower level of the HS, or in the front of the school.**
- Change shoes/boots *outside* of the wrestling room.
- Bring water bottle to practice. Limit break time outside of the wrestling room.
- Be coachable. Listen, do what you are told, and practice hard.
- Be positive. Build up your teammates and don't get down on yourself.
- Attitude and Character. Your behavior reflects your Team, your School, and your Family. Be respectful and show good sportsmanship, this includes no use of foul language. Always shake your opponent/coaches' hand after win or loss. Throwing of headgear is never allowed.

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# Rules of the Wrestling Room

- Prevent skin infections – showering after practice is important. Skin check kids daily and report any problems. - ***Defense Soap***
- Keep fingernails trimmed.
- Sick or not feeling well – stay home.
- Message on Sports Engine if your son/daughter can't make it to practice.
- Parents' participation:
  - Active participation is welcome. Please reach out to a coach if you would like to help.
  - Parents and/or siblings, who do not wrestle, are **limited** in the wrestling room during practice.

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# Rules of the Wrestling Room

- Distractions in the wrestling room.
- Unique setting in the wrestling room compared to other youth sports.
- We have the best interest in your kid wrestling. We want to see success, but we also want your son/daughter to have success outside of the wrestling room. We want them to build respect, dignity, & long lasting friendships.
- Grades. Stay up on schoolwork.
- Food allergies - please be aware that we do have kids with allergies.
- Reach out to Adam, Paul, Beau, Brent, Andrey or any board member with questions/concerns.

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# Individual Tournaments - all wrestlers

- The wrestling board pays for Byron wrestlers to wrestle in about 6-8 individual tournaments or meets. Adam, Paul, Brent, Andrey and Beau will coach at these tournaments.
- Wrestling is an individual and team sport. We STRONGLY encourage your wrestler to participate in one tournament every 2-3 weeks. Time spent on the mat is key to success.
- Individual Tournaments: kids are in groups of 4-6 by age/weight.
- **Team Singlets** - if you are new this year with registration - required at tournaments
- Resource for open tournaments: <https://theguillotine.com/open-tournament-calendar/>

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# *Individual Tournaments: Club Paid*

Tentative schedule - subject to change

- Friday December 12<sup>th</sup>; Byron Early Bird open Tournament
- Friday December 19<sup>th</sup>; Pine Island Holiday Tournament
- Thursday January 8<sup>th</sup>; Home Varsity w/Cannon Falls, youth night
- Saturday January 24<sup>th</sup>; Goodhue Team and Individual
- Sunday February 8<sup>th</sup>; Grand Meadow Tournament
- Saturday February 14<sup>th</sup>; Waseca Tournament

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# *GIRLS* Tournaments: **Club Paid**

Tentative schedule - subject to change

- Friday December 12<sup>th</sup>; Byron Early Bird open tournament
- Sunday January 11<sup>th</sup>; Farmington
- Sunday February 8<sup>th</sup>; Kasson-Mantorville

Tournaments will be coached by Byron HS Girls wrestlers  
Justin Mathre will be point of contact for Girls Only practices and events.

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# Team / Dual Tournaments

- Team Tournaments -
  - **Goodhue Team; K-6**
    - Saturday January 24th
  - **Kenyon Wanamingo Team; K-3**
    - Sunday February 1st
  - **Waseca Team; K-3**
    - Sunday February 15th
  - **NYWA Team, Regional Tournament @ Dover HS; K-6 - tentative**
    - Sunday March 22nd
  - **NYWA Team, State Tournament @ Mayo Civic Center; K-6**
    - March 27th - 29th

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# *Team / Dual Tournaments*

## **Team Tournament format**

- 15 Weigh Classes (K-6th grade):
  - 45, 50, 55, 60, 65, 70, 75, 80, 84, 88, 93, 102, 115, 130, HWT
- 14 Weight Classes (K-3rd grade):
  - 40, 45, 48, 50, 52, 56, 60, 62, 66, 70, 74, 78, 85, HWT

Kids wrestle-off for spot on team. We will ask for alternates to join us.

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# Open Tournaments

There are open tournaments throughout the year at many local schools as well as across Minnesota. All open tournaments are same day registrations. Wrestlers are typically paired up by age and weight in 4 person round robin style tournaments.

For tournament locations/dates see [www.theguillotine.com](http://www.theguillotine.com)

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# NYWA and MN/USA Tournaments

NYWA and MN/USA are sanctioned leagues with qualifying wrestling tournaments throughout the year and at “tournament time”.

- MN/USA - requires membership \$60
  - Qualifiers throughout the season
  - Regionals - must qualify, February / March
  - State Tournament - March 13th - 15th, Rochester MN. Byron Coaches will be at State
- NYWA - requires membership \$30
  - District 1 qualifiers March 1st, 6th, 7th.
  - Region 1, must qualify, **hosted @ Byron HS March 20, 21st**
  - State Tournament - March 26th - 29th, Rochester MN, Mayo Civic Center
  - Girls Open tournament April 3-4th, Rochester MN, Mayo Civic Center

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# Wrestler of the Week – Pins for Pins!

- We will spotlight our youth wrestlers throughout the season on our Facebook and Twitter pages during the season.
- Black and Yellow Baby Pins will be given to wrestlers for each pin earned this year. Wrestlers can proudly display these pins on stocking hats or backpacks



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# Volunteering: Mark your Calendars

Grab your phones to capture these dates

- **December 12<sup>th</sup>**: Byron Early Bird open tournament
  - <https://www.signupgenius.com/go/10C0844ADAC2DAAF5C52-45950796-early>
    - HS Tournament on Dec. 13th
      - <https://www.signupgenius.com/go/10C0844ADAC2DAAF5C52-45937804-scharberg>
- **March 20<sup>th</sup> and 21<sup>st</sup>**: NYWA Regions – Byron HS
  - You will receive emails, or a clipboard at practice for volunteer work @ tournaments.
  - Please, Please, Please volunteer. It makes tournaments run smoothly. No experience necessary - directions will be provided.
  - These tournaments help fund our K-12 programs and tournament entry fees.

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# Communication

Grab your phones

- **Follow Us On...**

- Facebook: *Byron Bears Wrestling Club* – like/share our posts (group & page)
- Twitter: *@ByronWrestling* – like/share our posts
- Sports Engine – keep up to date on practice and/or tournament information
  - Download the app, search for: **2025-2026 Byron Youth Wrestling**
    - Utilized the Chat function for quick messaging - email for more detailed information.

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# End of Year Awards

A wrestling banquet is held at the end of year; date is TBD.

The awards will be as follows:

- T-shirts: All 6<sup>th</sup> graders will receive shirts with career record, pins, and accomplishments. All youth wrestler that participates in the MN USA or NYWA STATE tournaments (back of shirt with same info)
- *Heart of the Club*: The kid who shows the biggest heart.
- *Hammer Awards*: Hammer will be given per team tournament decision made by the coaches.
- *Most Valuable Wrestler*: Pre-K -3<sup>rd</sup> (If applicable) & 4<sup>th</sup>-6<sup>th</sup>
- *Most Improved Wrestler*: Pre-K- 3<sup>rd</sup> (If applicable) & 4<sup>th</sup>-6<sup>th</sup>
- *Rookie of the Year*: Pre-K- 3<sup>rd</sup> & 4<sup>th</sup>-6<sup>th</sup>

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- **Extra Training - MN Elite**
  - Tuesday night - Kasson HS
  - Winter training - 12 sessions starting November 18, 7pm-8:30pm
    - Club will \$80.00 Subsidy for attending 80% practices - one session per season.
  - [www.minnesotaelite.org](http://www.minnesotaelite.org)

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- **Extra Training - Summit Wrestling Academy**
  - Northfield
  - Winter training - various, see website
    - Club will \$80.00 Subsidy for attending 80% practices. One session per season.
  - [Summit Wrestling Academy](#)



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# Fundraising

- Byron Wrestling does not require any fundraising
  - Our main sources of revenue for the club are:
    - Early Bird Youth Tournament
      - Need volunteers
    - NYWA District 1 Regional Tournament
      - Need volunteers
    - Sponsorships

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**Important email addresses:**

[byronwrestlingboard@byronbearswrestling.com](mailto:byronwrestlingboard@byronbearswrestling.com)

General email address

[sorenson.ryan@byronbearswrestling.com](mailto:sorenson.ryan@byronbearswrestling.com)

Board President

[walters.adam@byronbearswrestling.com](mailto:walters.adam@byronbearswrestling.com)

Youth Head Coach

[ryan.radke@byron.k12.mn.us](mailto:ryan.radke@byron.k12.mn.us)

HS Varsity Head Coach

[justinmathre@gmail.com](mailto:justinmathre@gmail.com)

Girls Events Coordinator

**Important websites:**

<https://www.byronbearswrestling.com/home>

<https://the Guillotine.com/open-tournament-calendar/>

[Members Portal – NYWA – Northland Youth Wrestling Association](#)

<https://www.mnusawrestling.org/page/show/27510-home>

<https://www.defensesoap.com/>

# Questions?

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