

JANUARY  
2025



BYRON BEARS  
YOUTH  
WRESTLING CLUB

# BYRON BEARS WRESTLING DEN



*Photo credit: Kovash Photography*

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# WATCH FOR SKIN INFECTIONS!

## *Diligence and Vigilance are Key!*

Skin checks play a vital role in maintaining safety and health in youth wrestling. They help prevent the spread of skin infections and ensure a clean environment for all participants. Since wrestling involves close physical contact, athletes must remain free from contagious skin conditions such as ringworm, impetigo, or herpes simplex.

Parents have a crucial responsibility in supporting the skin check process. Regularly inspect your child's skin for any signs of infection, especially in areas prone to abrasions like elbows, knees, and necks. By being proactive, you can catch potential issues early and prevent them from becoming serious or spreading to others. For more information on skin infections commonly transmitted in wrestling, read [this document](#) on our website.

If your child shows symptoms of a skin infection, notify the coaches and seek medical care from your primary care provider. It's also a good idea to ask your doctor for a proactive prescription for antifungal cream. This can help treat any minor infections before they spread or worsen, keeping your wrestler and teammates safe.

In addition to skin checks, ensure your wrestler showers after every practice or tournament using antifungal soap like Defense, Remedy, or Selsun Blue. If a shower isn't immediately possible, consider using antifungal body wipes to help keep your wrestler clean until they can shower.

By staying vigilant with skin checks and hygiene, parents play an essential role in protecting the health of their wrestler and everyone in the wrestling community.



Ringworm



Impetigo



Herpes Gladiatorum



Molluscum Contagiosum



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# GOODHUE TEAM TOURNAMENT

*The Bears Showed Up and Shut Down Two Teams*

The Bears competed in the Goodhue Team Tournament on January 5th, delivering strong performances. They dominated Kenyan-Wanamingo with a 70-12 victory and triumphed over Wabasha-Kellogg 57-20. Unfortunately, they were defeated by Goodhue 43-24. Congratulations to all the wrestlers for giving it their all on the mat!



Photo credit: Kristin Ferris

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## GIRLS SESSION 2

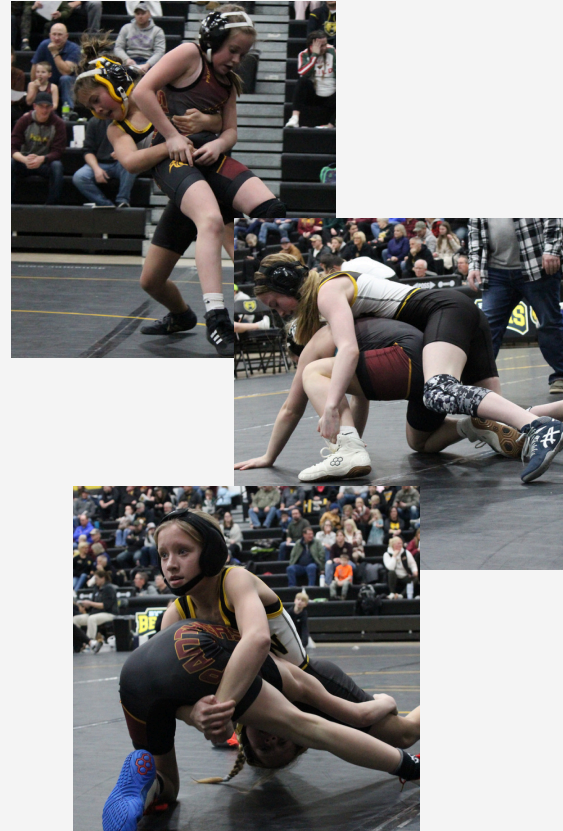
*Free session to introduce girls to the sport of wrestling*

Girls wrestling is rapidly gaining popularity across the nation, breaking barriers and empowering young girls to step onto the mat and showcase their strength. As more schools and clubs offer girls-specific wrestling programs, the sport is experiencing a surge in participation, offering young athletes an opportunity to develop discipline, confidence, and resilience.

Unlike many traditional sports, wrestling provides a unique combination of physical strength and mental toughness, making it a perfect fit for those seeking a challenge. The growth of girls wrestling has opened doors to new opportunities, with more competitions, scholarships, and even college programs dedicated to female athletes.

If you have a daughter or know of a girl who may be interested in trying wrestling, now is the time! Girls-only session 2 is open for registration and is free. Practices are held on Tuesdays from 6-7:15 pm in the high school wrestling room. The session runs from January 21- March 25.

[Click here](#) to visit the registration page. If you have questions about the girls youth wrestling program, contact Justin Mathre at [mathre.justin@byronbearsrestling.com](mailto:mathre.justin@byronbearsrestling.com).



**Photo credit: Kristin Ferris**

## PREVENTING ILLNESS

*Keeping Our Wrestlers Healthy!*

As we progress through the season, it's crucial to prioritize the health and well-being of all our wrestlers. To maintain a safe environment for everyone, please be mindful of the following guidelines regarding illness.

If your child has recently been ill, they must be fever-free and have had no vomiting or diarrhea for at least 24 hours before returning to practice or meets.

If your child is feeling unwell, please keep them at home. This is especially important given the close contact in our sport.

Your cooperation helps ensure the health and safety of everyone in our program.



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## NYWA

*Northland Youth Wrestling Association*

The Northland Youth Wrestling Association (NYWA) organizes a series of tournaments for youth wrestlers, similar to the MN State High School League. To qualify for the State tournament, a wrestler must place in the top two at a District qualifier and finish in the top three at the Regional qualifier.

Byron youth wrestlers interested in qualifying for the NYWA tournaments can continue practicing after the regular season ends. Coaches will be available at both the District and Regional tournaments to assist wrestlers on the mat.

There are several district tournaments within each region, and Byron is part of Region 1. Wrestlers can attempt to qualify for the Regional tournament at any of the Region 1 District tournaments. Byron will host the Region 1 tournament on March 21-22. Wrestlers must qualify in order to compete in the Regional tournament. The NYWA State tournament will take place in Rochester from March 27-30.

For more information visit the [NYWA website](#).



**Keenyn Franko placed 4th at the 2024 NYWA Individual State Tournament**



**Finn Walters placed 1st at the 2024 NYWA State Invite Tournament**

## MN USA

*Minnesota USA Wrestling*

Minnesota USA Wrestling also hosts a series of tournaments for youth wrestlers. To qualify for the Regional Tournaments, wrestlers must earn 30 points from MN USA Qualifying tournaments during the current season. To qualify for the State Tournament, a wrestler must place in the top 4 in their designated age group and weight class. Wrestlers are only allowed to compete in the weight class they qualified in, and no weight changes are permitted. The MN USA State Tournament will take place in Rochester from March 13-16.

Wrestlers are required to have a MN USA membership card. MN USA has specific mat-side coaching requirements, including completing a background check and two additional training courses. Parents wishing to coach mat-side must meet these requirements to receive a coach's pass. If your wrestler is interested in competing in the MN USA State tournament let the Byron Coaches know as they can be available to be mat-side for your wrestler.

For more information visit the [MN USA website](#)

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## BEARS WRESTLING MERCHANDISE

*Looking for wrestling Bear-wear?*

Check out our club store:

- [Bears Wrestling Game One Store](#)



## BOARD OF DIRECTORS

*Byron Wrestling Club*

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

### **2024-2025 Byron Wrestling Board**

**\*\*Denotes Coaching Staff**

- Matt Ahlberg
- Andrey Borkovskiy \*\*
- Nikki Borkovskiy, Co-Secretary
- Beth Connelly
- Brent Franko \*\*
- Tanelle Franko, Co-Secretary
- Isaac Jestus \*\*
- Paul Lorentz \*\*
- Beau Lorentzen \*\*
- Justin Mathre, Tournament Director
- Sarah Minter
- Alli Nemechek, President
- Holly Radke, Treasurer
- Ryan Radke \*\*
- Sara Schaudenecker, Fundraising Director
- Ryan Sorenson, Vice President
- Jake Thompson \*\*
- 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/Team Tournaments

- Sunday, January 26 - Rochester Century Panther Youth Tournament
- Thursday, February 6 - Cannon Falls - wrestle before varsity meet
- Saturday, February 8 - Kasson Mantorville Youth Tournament
- Saturday, February 8 - Kenyan-Wanamingo Team Dual
- Saturday, February 15 - Waseca Youth Wrestling Tournament
- Sunday, February 16 - Giant Showdown Team Tournament (Tentative)