



BYRON BEARS WRESTLING DEN



EARLY BIRD TOURNAMENT

FRIDAY, DECEMBER 13, 2024

The Byron Early Bird Tournament will take place on December 13th! This is an excellent opportunity for new recreational wrestlers to gain match experience, and it's also the wrestling club's largest fundraiser of the year. Come join the fun and support the club in the process!

Byron wrestlers can participate at no cost, and parents who volunteer also receive free admission. **Please sign up to volunteer through the [Sign-Up Genius](#).**

Tournament Details

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

4:00 pm Byron wrestlers weigh-ins & skin checks

6:00 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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SPORTS ENGINE

Byron Youth Wrestling Club's Communication Tool

The Byron Youth Wrestling Club uses Sports Engine to communicate with members. Practice schedules, tournament details, and other club events are posted on the Sports Engine calendar. You can also RSVP for practices and tournaments through the platform.

For informal communication and sharing of photos, members can use the chat function in Sports Engine. Official updates and announcements will be sent via email.

Download the Sports Engine app and search for Byron Bears Wrestling 2024-2025 to get started.



TRANSFERRING FROM RECREATION TO COMPETITIVE

Don't want the season to end?

The wrestling season has just started, but if your child is seeking more structure and wants to continue beyond the recreational season, they can transition to the competitive program.

Practices will run through February 13, and monthly club-sponsored tournaments will be available (schedule on page 3). Wrestlers can continue with post-season practices for MN USA and NYWA tournaments. To transfer your child to the competitive program:

- Email: registration@byronbearsrestling.com
- Pay the registration difference of \$150 or \$200 depending upon if you have a new team singlet.



BEARS WRESTLING GEAR!

Looking for wrestling merchandise?

Check out our club store:

- [Bears Wrestling Game One Store](#)





PRACTICE

Rules of the Wrestling Room Reminders

- Arrive on time for practice.
- Change shoes/boots outside the wrestling room. Please line up personal belongings in the hallway outside the room.
- Bring your own water bottle to practice.
- Spectating in the wrestling room should be kept to a minimum, as it can get hot and crowded. Parents interested in coaching should reach out to Adam, Paul, Beau, Brent, or Andrey.
- To prevent skin infections, shower after each practice using antifungal soap. Be sure to check your child's skin daily and report any issues to the coaches.
- Keep fingernails trimmed.



PRACTICE SCHEDULE

December times, locations....

Recreation Program Practices

- December 2 – 6-7:30 pm @ Middle School Wrestling Room
- December 3 – 6-7:30 pm @ Middle School Wrestling Room
- December 5 – 6-7:30 pm @ High School Wrestling Room
- December 9 – 6-7:30 pm @ Middle School Wrestling Room
- December 10- 6-7:30 pm @ Middle School Wrestling Room
- December 11- 6-7:30 pm @ High School Wrestling Room

Competitive Program Practices

- December 2 – 6-7:30 pm @ High School Wrestling Room
- December 5 – 6-7:30 pm @ High School Wrestling Room
- December 9 – 6-7:30 pm @ High School Wrestling Room
- December 11 – 6-7:30 pm @ High School Wrestling Room
- December 16 – 6-7:30 pm @ High School Wrestling Room
- December 19 – 6-7:30 pm @ High School Wrestling Room

Girls-Only Practices (Open to both recreation & competitive)

- December 3 – 6-7:30 pm @ High School Wrestling Room
- December 10 – 6-7:30 pm @ High School Wrestling Room
- December 17 – 6-7:30 pm @ High School Wrestling Room

The Byron Early Bird Tournament on December 13th is open and free for all Byron wrestlers. Byron wrestlers should arrive at 4:00 pm for weigh-ins and skin checks. We'd like our wrestlers checked in before the doors open for other wrestling teams.



If your child is registered for the recreational program, a coach may have contacted you about having your child practice with the competitive program. This would give your child the opportunity to train with others who are closer in age and size. Please following the schedule based on your conversation with the coach.



NEW SCORING

Match rules and scoring

Youth wrestling is an exciting and dynamic sport. If you're new to wrestling, the scoring system can seem confusing at first. With terms like takedown, reversal, near fall, and escape, there's a lot to learn, and the point values vary depending on the action. Understanding the scoring system is essential for participants, coaches, and spectators to fully appreciate the action on the mat.

Basic Rules:

- Match Structure: Matches typically consist of three periods, each lasting a set duration (e.g., 1 minute per period).
- Winning the Match: The wrestler with the most points at the end of the match is declared the winner.
- Point Scoring: Points are awarded for various actions and positions during the match.

Scoring:

- Takedown (3 points): Awarded when a wrestler takes their opponent from a standing position to the mat and gains control.
- Escape (1 point): Awarded when a wrestler breaks free from their opponent's control and returns to a neutral position.
- Reversal (2 points): Awarded when a wrestler escapes from the bottom position and gains control over their opponent.
- Near Fall (2, 3, or 4 points): Awarded when a wrestler nearly pins their opponent. Near fall points are counted when the opponent's shoulders are exposed to the mat but not held for a full pin.
 - 2 seconds = 2 points; 3 seconds = 3 points; 4 seconds = 4 points
- Pin/Fall (Match Ends): Awarded when a wrestler holds both of their opponent's shoulders on the mat for a specified duration (e.g., 2 seconds).

Advantage Points:

- Stalling (1 or 2 points): A wrestler who is avoiding engagement or not actively trying to score may be penalized with stalling points, awarded to the opponent.
- Penalty Points: Points can be awarded for infractions such as illegal holds or misconduct.

Additional Considerations:

- Overtime: If the match is tied at the end of regulation, an overtime period may be used to determine the winner.
- Technical Fall: If a wrestler builds a significant point lead over their opponent (e.g., a 15-point advantage), the match will be stopped, and the leading wrestler declared the winner by technical fall.





NEW SINGLETs

Matching the Varsity Program

Participants in the Competitive Program will receive a new singlet as part of their registration. These singlets are designed to match the Bears Varsity program singlets.

Wrestlers should wear their new singlet to all club-sponsored tournaments this season. This helps coaches easily identify wrestlers in crowded gyms and ensures that someone is always available to coach mat-side.

If your child transitions from the recreational to the competitive program, a singlet will be ordered for them.



FISHING FOR TOURNAMENTS

Individual Tournaments

Wrestling is both an individual and team sport. We strongly encourage wrestlers in the competitive program to participate in at least one tournament every 2-3 weeks. Most individual tournaments organize wrestlers into 4-6 person brackets by age and weight.

How do you find out about individual tournaments?

- The Byron Wrestling Club covers the cost of up to 8 individual tournaments for Byron wrestlers. These tournaments are listed on Sports Engine.
- You can also find additional open tournaments on the [The Guillotine website](#).
- Open tournaments typically allow same-day registration and families often use the chat feature to coordinate and attend these tournaments together.

Mark Your Calendars! **Club-Sponsored Tournaments:**

The Byron Wrestling Club covers the individual entry fees for the following tournaments for competitive program wrestlers.

Individual Tournaments

Friday, December 13	-	Byron Early Bird Tournament
Friday, December 20	-	Pine Island Holiday Tournament
Sunday, January 5	-	Goodhue Youth Team Dual and Individual
Thursday, January 9	-	Home Meet with Pine Island before varsity match
Sunday, January 26	-	Rochester Century Panther Youth Tournament
Saturday, February 8	-	Kasson Mantorville Youth Tournament
Saturday, February 15	-	Waseca Youth Wrestling Tournament
Sunday, February 16	-	Giant Showdown Team Tournament (Tentative)

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
- Tracy Steele
- Jake Thompson **
- Adam Walters **
- Jill Walters, Webmaster



YOUTH WRESTLING COACHES!

Meet the 2024-2025 Byron Youth Wrestling Coaches! We are so grateful for the time they give to our program on and off the mat. There are 59 wrestlers registered this season so they have their hands full! If you are interested in helping, please reach out to one of them!

ANDREY BORKOVSKIY

Assistant Coach



Andrey wrestled for Century High School and graduated in 2002. He was a team captain and had around 35 wins his senior year. Andrey credits his wrestling years and the ethics of hard work it taught him to smoothly transition into adulthood. Andrey's children Nikolai and Sophia wrestle for Byron.

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. Brent's son Keenyn wrestles for Byron.

BEAU LORENTZEN

Assistant Coach



Beau is a 2022 Byron graduate and is in his third year of coaching in the youth program. Beau brings his invaluable recent wrestling experience to the wrestling room. The kids look up to Beau and love having him mat-side.

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 is a Byron wrestler.

PINS FOR PINS

Back by popular demand!



The Byron Youth Wrestling Club celebrates each wrestler's success with "Pins for Pins." Every time a wrestler earns a pin, they will receive a black or yellow diaper pin. Wrestlers can attach these pins to their stocking hats or backpacks.

Pins will be distributed at the end of practices by one of the "Pin Ladies" (also known as wrestling moms)!

Reminder: Be sure to keep track of your wrestler's record throughout the season for the end-of-year banquet. A Google form will be sent out to help you report your wrestler's record.