

DECEMBER  
2025



BYRON BEARS  
YOUTH  
WRESTLING CLUB

# BYRON BEARS WRESTLING DEN



*Photos from the 2024 Byron Early Bird Wrestling Tournament*

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# 2025 BYRON EARLY BIRD WRESTLING TOURNAMENT

*Friday, December 12, 2025*

If your family is new to youth wrestling, you may not know what to expect at the Byron Early Bird Wrestling Tournament. We aim for our wrestlers to arrive early—before athletes from surrounding communities. When you enter the high school, you'll see the admissions table. Your wrestler does not pay an admission or registration fee. Parents who are volunteering also receive free admission. Please note that Byron High School Athletic Passes are not valid for this event.

Next, go to the registration table that matches your child's grade level. There you will complete and sign a waiver and fill out a brightly colored registration slip. Bring that slip to the wrestling room. In the wrestling room, your child will need to undress down to areas normally covered by a swimsuit for a skin check. Trained staff will examine for any contagious skin conditions that could spread through skin-to-skin contact. After passing the skin check, your child will move to the scales for weigh-ins. Your child's weight will be recorded, and the registration slip will be submitted to tournament officials for bracketing.

After this, you and your wrestler can find a place to settle in the gym. This is a great time to have a snack and get ready for the evening. Please remind your child to demonstrate good behavior—no roughhousing or running around. We expect our Byron wrestlers to set a positive example.

Coaches and wrestlers will eventually gather at the mats for warm-ups. Look for the yellow Byron Wrestling shirts! Once all wrestlers have weighed in and brackets are finalized, the tournament director will call age groups back to the wrestling room to organize each bracket. The groups will then move to the bleachers to wait for an open mat. You may accompany your child, but space is limited—please avoid blocking spectators' views.

When a mat becomes available, wrestlers in that bracket will be escorted "daisy-chain" style to their mat. Each wrestler will compete against everyone in their bracket. Parents may sit mat-side while their child wrestles, but sitting only—no standing. Our six coaches will do their best to support all wrestlers, but with 80 kids in the program, they will be spread thin.

After all matches in the bracket are complete, wrestlers will be taken to the podium area in the commons for medals and photos. Yes, everyone receives a medal!

Once your wrestler has finished, we encourage you to stay and cheer on the rest of the team! While we understand if you need to leave, staying helps new wrestlers feel welcomed and supported by our wrestling family. Then together, the wrestlers often sit mat-side and cheer for their teammates—it's awesome to see.

Thank you for giving our sport a chance. We hope you have a great experience at the tournament!

Follow Us on the Web: [www.byronbearswrestling.com](http://www.byronbearswrestling.com) & on social media:



[Byron Bears Wrestling Club](#)



[ByronWrestling](#)

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# VOLUNTEERS WANTED!

***Byron Early Bird Tournament - Friday December 12th***

Do you dread fundraising season in youth sports? We do too! That's why Byron Youth Wrestling works hard to avoid asking families to sell bread braids, pizzas, cards, wreaths—you name it. While we genuinely appreciate and support other sports organizations, we simply don't have the capacity to take on additional fundraisers.

Fortunately, the Byron Wrestling Club is supported by several dedicated annual sponsors—please check them out on our website and consider supporting their businesses! In addition, we host two tournaments each season, which allows us to avoid traditional fundraising altogether.

So what does that mean for our families? We need our parents to help run these two tournaments each year. Below are brief descriptions of the volunteer roles where we need YOUR support:

- **Admissions:** Collect admission fees and mark hands or hand out wristbands.
- **Registration:** Welcome families, have them complete the waiver and registration slip, and direct them to skin checks and weigh-ins.
- **Bracketing:** Create brackets for each age group and weight class.
- **Skin Checks:** Examine wrestlers for signs of infection (health professionals preferred).
- **Weigh Check:** Weigh wrestlers and record their weights.
- **Concessions:** Help prepare and sell food at the concession stand.
- **Table Workers:** Record match scores for assigned brackets. You will work alongside high school wrestlers who are refereeing and assisting with scoring.
- **Awards:** Receive completed brackets and hand out medals.

We rely on all our wrestling parents to keep the club running smoothly. These tournaments fund the things our kids benefit from most—T-shirts, tournament fees, scholarships, free summer camps, reimbursement for extra training, and end-of-season awards.

Please click the [Sign-Up Genius link](#) and volunteer today! Your help makes a huge difference. Please note, **we will make sure you can step away from your volunteer position to watch your child wrestle!!**





# FOR BEGINNERS

## *Understanding Scoring: A Quick Guide for Parents*

Youth wrestling is a fast-paced, engaging sport where two athletes compete for control and ultimately try to secure a pin. For families new to the mat, learning the basics of scoring makes it much easier to follow the action and cheer on your wrestler with confidence.

### Match Basics

A youth match includes three short periods. The wrestler with the most points at the end wins—unless a pin ends the match early. Points are earned throughout the match based on various moves and positions.

### How Points Are Scored

- Takedown – 3 points: Bringing an opponent from standing to the mat and gaining control.
- Escape – 1 point: Breaking free and returning to a neutral position.
- Reversal – 2 points: Moving from the bottom to a controlling position.
- Near Fall – 2 or 4 points: Nearly pinning an opponent, depending on how long their shoulders are exposed.
- Pin/Fall: Both shoulders held down—match ends immediately.

### Advantage & Penalties

- Stalling – 1 or 2 points to the opponent: For avoiding action.
- Penalty Points: Awarded for illegal holds or misconduct.

### Other Match Outcomes

- Overtime: Used if the match is tied after regulation.
- Technical Fall: Match stops when one wrestler leads by a large margin (often 15 points).

### Scorekeeping

Coaches and wrestlers track points, time, and periods using the score clock and scoreboard to ensure accuracy and fairness.

### Why It Matters

Understanding the basics helps parents follow the match, recognize key moments, and support their wrestler's growth. Wrestling builds discipline, resilience, and confidence—making it a great sport for young athletes.

Stay tuned for more tips and resources in upcoming newsletters!



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# LET'S PACK THE STANDS FOR OUR HIGH SCHOOL BEARS!

## ***Free Admission and a Free Hot Dog for Youth Wrestlers!***

We're excited to share some great news for our Byron Youth Wrestling families!

This season, the **Byron Youth Wrestling Board will be covering the cost of admission for all youth wrestlers at every home high school wrestling meet.** That means our young Bears get in **FREE!**

And because cheering takes energy, each youth wrestler will also receive a **FREE hot dog** at the concession stand. It's our way of thanking our families for supporting the rich tradition of Byron Wrestling.

### **Why Your Support Matters**

Many of our high school wrestlers once trained in this very youth program. Watching them compete is inspiring for our younger athletes and brings our wrestling community even closer together.

Our program is truly a wrestling family with deep Byron roots:

- **Head Coach Ryan Radke** is a Byron graduate and former Byron wrestler—and now has both **a son and daughter** wrestling on the varsity teams.
- **Assistant JV Coach Jake Thompson, Coach Beau,** and **Coach Pickle** are also Byron alumni who wrestled for Coach Radke.

These coaches (and many on the team) grew up in the same program your children are a part of today. Having our youth wrestlers in the stands means the world to them and to our high school athletes. Your presence shows what Byron Bear pride is all about.

### **Let's Show Our Bear Pride!**

We want to pack the gym and cheer loudly for our high school teams during their **three home meets** this season. Let's bring the energy, the noise, and the community spirit that make Byron Wrestling special.

Help us show our athletes—past, present, and future—that the entire Byron Wrestling family is behind them.

Let's fill the stands and cheer our Bears on to victory!

### **Byron High School Home Wrestling Meets**

JV & Girls Varsity Begin at 6:00 pm Varsity Begins at 7 pm

Thursday, December 18 vs. Coon Rapids

Thursday, January 8 vs. Cannon Falls \* Youth Night

Friday, January 30 vs. Stewartville





# WATCH FOR SKIN INFECTIONS!

*Diligence and Vigilance are Key!*

## Why Skin Checks Matter in Youth Wrestling

Skin checks are an important part of keeping our wrestlers safe and healthy. Because wrestling involves close physical contact, it's essential that athletes are free of contagious skin conditions such as ringworm, impetigo, or herpes simplex. These checks help prevent infections from spreading and ensure a clean, safe environment for all kids on the mat.

## How Parents Can Help

Parents play a big role in this process. Take a moment each day to look over your child's skin—especially elbows, knees, neck, and other areas that are prone to scrapes or irritation. Catching something early helps keep your wrestler healthy and protects their teammates as well. (You can find more details about common wrestling-related skin infections on our [website](#).)

If you notice anything suspicious, please let the coaches know and contact your child's primary care provider. Many families also ask their doctor for a proactive antifungal cream prescription to manage small issues before they become bigger problems.

## Healthy Habits for Wrestlers

Good hygiene is just as important as skin checks. Please make sure your wrestler:

- Shows after every practice and tournament, ideally using an antifungal soap such as Defense, Remedy, or Selsun Blue.
- Uses antifungal body wipes if they can't shower right away.

By staying consistent with skin checks and hygiene, parents help protect not only their own wrestler but the entire Byron wrestling community. Thank you for doing your part to keep our athletes safe!



Ringworm



Impetigo



Herpes Gladiatorum



Molluscum Contagiosum



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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.

### 2025-2026 Board of Directors

- Ryan Sorenson, President
- Sara Schaudenecker, Vice President
- Holly Radke, Treasurer
- Nikki Borkovskiy, Co-Secretary
- Tanelle Franko, Co-Secretary
- Jill Walters, Webmaster
- Justin Mathre, Tournament Director
- Sarah Minter
- Beth Connelly
- Matt Ahlberg

### Coaching Staff

- Ryan Radke, High School Head Coach
- Isaac Jestus, High School Varsity Girls Coach
- Zach Hanson, Junior Varsity Head Coach
- Adam Walters, High School Boys Varsity Assistant Coach; Youth Head Coach
- Jake Thompson, Junior Varsity Assistant Coach
- Andrey Borkovskiy, Youth Coach
- Brent Franko, Youth Coach
- Paul Lorentz, Youth Coach
- Beau Lorentzen, Youth Coach

## FISHING FOR 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 or team entry fees for the following tournaments for wrestlers in the competitive program.

Friday, December 12 - Byron Early Bird Tournament  
Sunday, December 14 - Girls Only Christmas Clash Northfield  
Friday, December 19 - Pine Island Holiday Youth Tournament  
Thursday, January 8 - Home Varsity Youth Night vs Cannon Falls  
Sunday, January 11 - Girls Only Farmington Open Tournament  
Saturday, January 24 - Goodhue Youth Team & I Individual Tournament  
Sunday, February 1 - K-W K-3 Team Tournament  
Saturday February 14 - Waseca Individual Tournament  
Sunday February 14 - K-3 Team Tournament