

JANUARY
2023



BYRON BEARS
YOUTH
WRESTLING CLUB

BYRON BEARS WRESTLING DEN



TEAM TOURNAMENTS

Wrestle-Offs for Team Line-Up

On Monday, January 9th, wrestle-offs will be held to form the Team lineup. For Team meets, 15 weight classes will be filled: 45, 50, 55, 60, 65, 70, 75, 80, 84, 88, 83, 102, 115, 130 and HWT plus 5 alternatives.

Those who make the Team are expected to be at the scheduled Team events. Alternates can be scheduled accordingly with advanced notice.

Team Tournament Dates:

- Saturday, January 14 - 10:00 am @ Dodge Center
- Saturday, January 21 - 10:30 am @ Waseca
- Sunday, January 22 - TBD @ Pine Island
- Sunday, February 19 - 8:00 am @ Byron

IN THIS ISSUE

- TEAM TOURNAMENTS
- CLUB SPONSORED INDIVIDUAL TOURNAMENTS
- KID CAPTAINS
- ILLNESS REMINDERS
- SHOWER AFTER WRESTLING
- BEARS WRESTLING MERCHANDISE
- RECORD KEEPING
- FISHING FOR TOURNAMENTS
- BOARD MEMBERS

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BYRON BEARS
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CLUB-SPONSORED INDIVIDUAL TOURNAMENTS/MEETS

Entry Fees Paid by the Byron Bears Wrestling Club

The Byron Bears Wrestling Club pays the entry fees to three individual tournaments for competitive wrestlers. The Bears Youth Wrestling Coaches will be at the tournaments to coach your wrestler. Mark your calendars!

- Friday, January 13 - 4 pm - Clayton Kodada Collison @ Triton
- Thursday, January 19 - 5:45 pm Home Meet w/ Goodhue
- Saturday, February 18 - 8 am - @ Waseca



KID CAPTAINS

Involving Youth Wrestlers in High School Meets

Byron Youth Wrestlers will be selected to be Kid Captains at upcoming varsity home meets. The Kid Captains will run onto the mat carrying the Byron wrestling flag with the varsity team. The Kid Captains are also invited to sit with the varsity team during the meet.

Parents, if your wrestler is asked to be a Kid Captain, help them understand this is a big honor. We expect the Kid Captains to watch and cheer for the varsity team. Kid Captains should either sit with the varsity team during the meet or with their parents in the stands.

Follow Us on the Web: www.byronbearswrestling.com & on social media:



Byron Bears Wrestling Club



ByronWrestling

Page 02

JANUARY
2023



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YOUTH
WRESTLING CLUB

ILLNESS REMINDER!

Keep Our Program Healthy!

Tis the season of cabin fever and we all want to be out and about.....
Please, 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.**



SHOWER AFTER WRESTLING!

Prevent and Detect Skin Infections!

The sport of wrestling requires close skin-to-skin contact which means there is a high possibility of catching or spreading various skin conditions between competitors.

Prevention is key.

Showering using an antimicrobial soap after **EVERY** practice and competition is an essential step to prevent skin infections. Also, clean wrestling gear daily.

Check your child's skin daily throughout the season. Report any suspicious skin lesions to the coach or your primary care physician. The sooner your wrestler is treated, the sooner they can return safely to practices and competition.

BEARS WRESTLING MERCHANDISE

Looking for wrestling Bear-wear?

There are two places you can purchase Byron Bears Wrestling merchandise:

- [Youth Wrestling Gear - Squad Locker](#)
- [High School Gear - Game One](#)
(password: bears)



JANUARY
2023



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RECORD KEEPING

Tips and Tools to Help You Track Your Wrestler's Record

Tracking your wrestler's record through out the season is essential to ensure proper recognition at the Club's end of the year banquet. The Byron Bears Wrestling Club has created a [google doc](#) to report your wrestler's record each week. For the wrestling record section of the form, enter the results for each match for your wrestler. For example: Match 1 - wine 6-1; Match 2 - OT win 3-1; Match 3 - Pin

Pins for Pins will continue to be given at the end of Monday practices!



BYRON WRESTLING CLUB BOARD

The Byron Wrestling Club Board meets monthly on the first Tuesday evening of the month. We are currently seeking new members. If you would like to join, contact one of the board members or coaches below.

2022-2023 Byron Wrestling Club Board Members

****Denotes Coaching Team**

- Alli Nemechek, President
- Ryan Sorenson, Vice President
- Kailey Jestus, Secretary
- Holly Radke, Treasurer
- Jolene Larson, Event & Merchandise Director
- Amy Petersen, Tournament Director
- Jill Walters, Webmaster & Social Media Director
- Sheena Bartel
- Tom Cardinal **
- Isaac Jestus **
- Paul Lorentz **
- Beau Lorentzen **
- Justin Mathre
- Sarah Minter
- Nate Nelson **
- Ryan Radke **
- Tracy Steele
- Adam Walters **

**LOOKING
FOR NEW
BOARD
MEMBERS!**



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?

- Check for open tournaments on the [The Guillotine website](#).
- Look on the Sports Engine Chat to learn about tournaments other club members are attending.
- Chat with parents and coaches at practices to see if there are other wrestlers attending area tournaments.