



2025/2026 Bomber Wrestling Club Parent Guide

Board of Directors: Sara Varney (President), Scott Baran (At Large), and Jessica Taylor (Fundraising Chair). We will be seeking (2) additional Board Members to join us this season. More to come.

Coaches*: Head Coach - Jeff Varney, James Wren, Ron Deubel, Chris Abrahamson, John Wervey, Josh Goldsmith, Ben Ehrenbeit, Ed Wood, Dave Frank, Adam Cox, Jared Moritz, Martin Steimle, Jake Fischer, Bill Hasty, Matt Smith, Pat Leahy, Jesse Dellapina, Zach Goldsmith

Social Media: Facebook & Instagram @BomberWrestlingClub

Email: BomberWrestlingClub@gmail.com

Special Thank Yous:

The Miller Family – AC Plumbing, Heating, and Mechanical, Inc for sponsoring our warm up t-shirts to every Bomber Wrestling Club athlete and coach.

The Roland Family – Timothy Heart Foundation for sponsoring our team issued singlets and Link Exteriors for sponsoring the wrestler of the week t-shirts.

The Wren Family – Midas Touch K9 Academy for sponsoring the Pin Chains!

Why was Bomber Wrestling Club Created:

With its inception in 2018, Bomber Wrestling Club was created to meet the needs of the evolving youth wrestling environment in Ohio and beyond. As a Club open to wrestlers from all communities, our goal is to be the best wrestling club for anyone in Northeast Ohio Age 5 through Grade 6. And not the best by way of accolades, although we train and set goals with those in mind, but the best because we focus on the development of all youth athletes at every age and skill level. Its believing that wrestling is an amazing platform for teaching not only technical skills, but discipline, work ethic, confidence, and lessons that guide them in life long after they've left us. We want every wrestler walking out of our club to LOVE the sport of wrestling and want to pursue it in Middle School and beyond. This is just their stepping stone. The right mix of fun, and HARD WORK. Our coaches are unpaid, parent volunteers who pour their love and passion into the development of our athletes.

A little about Head Coach, Jeff Varney:

He graduated from Kenston High School in 1998, wrestled collegiately at Baldwin Wallace, and also assisted there after graduating. He spent 6 years coaching the high school and youth wrestling programs at North Olmsted, followed by 6 years coaching the high school and youth programs at North Royalton before heading up Bomber Wrestling Club in 2018. He is also the President of our 16 team Buckeye Wrestling Association League Sectional, as well as Vice President of the BWA Board of Directors.

A recap of our last season - 2024/2025: We had over 100 youth student athletes enrolled during regular season and over 60 spring/summer session athletes from around Northeast Ohio May through September. Our Varsity Red Team was regular season OYWA League Champions, Sectional Champions, then 3rd in the District, and 8th in the entire state. We had 3 OYWA State Placers (2 finalists, 1 Champion). From there, we were 3rd at OAC Massillon District out of 145 teams, and we were 17th overall in the state of Ohio out of 254 teams in the OAC. In OAC's Division 1, we were the State Champions. For the main event, OAC State Tournament, we had 9 placers and 3 State Champions. At Ohio Novice State, we had 8 State placers and 5 Champions. At Ohio Quest State we had 8 placers and 5 champions, and at OHWAY State we had 6 placers and 3 state champions.33 total State Placemen and 17 total State Titles in ONE SEASON.

What do the student athletes need in order to wrestle?

- 1) **To be registered through Kenston Community Education** under one of the three divisions. Allstar, Varsity, or Varsity Plus. Those descriptions can be found within the link to register so that you can better understand what you've registered your child for.
 - a. Link to register: http://apm.activecommunities.com/kce/Activity_Search/2453
- 2) **To be registered as a wrestler through USA Wrestling:** Every athlete needs to be registered through USA Wrestling in order to compete this season (even Allstar Division). You create an account, a profile for your athlete, pay their \$20 fee to become a member and affiliate it with BWC. Those who already have an existing account, update your athlete profile, renew your membership for \$20 and be sure to affiliate it with BWC. We will then approve it on the back end. This must be done by a parent before your child may compete in our League.
 - a. Link to renew/create account membership and affiliate with Bomber Wrestling Club: <https://www.usawmembership.com/login>
- 3) **To have the right gear:** Comfortable workout clothes, bottle of water, and wrestling shoes and headgear. Within the first month of the season, they will each be weighed on the scale, receive a singlet, and a t-shirt. Varsity/Varsity Plus wrestlers will also receive shorts and a jacket. The t-shirt is to be worn to EVERY COMPETITION DURING WARMUPS so that we look like a team. Varsity will wear their full warmup gear pack issued by the Club. The athletes do not have to wear headgear at practice (although we recommend it), but they do have to wear it to compete.
 - a. You can find headgear and wrestling shoes online at places like (Amazon, Dicks Sporting Goods, Rudis, etc) or at Play It Again Sports in Twinsburg. We also have a DONATION BIN in the wrestling room. You can put your old shoes in there to donate to others, and you can look in the bin for a pair of shoes for your child as well.

**Practice Drop off /Pick Up procedures – Kenston High School Wrestling Room

Parents will be allowed in the wrestling room for the first week of practice for **NEW WRESTLERS ONLY**. We want you and your child to be comfortable, but we also have a room that can't hold many spectators. Once your child is comfortable, we ask that you wait in the hallway or feel free to drop off and pick up.

When your child arrives, they should be wearing their comfortable wrestling clothes (or singlets if they wish), have a big bottle of water, and their wrestling shoes on before entering the room. Their coats and bags will **STAY OUT IN THE HALLWAY**. At their time slot, they will enter the wrestling room ready to go with their water bottles in hand (and headgear if they are wearing).



Leftmost door

****Please do not drop your child off to Varsity practice more than 5 minutes early. We need to give room to the Allstar Division (our largest division) to exit the room, and change shoes. THEY CAN NOT RUN AROUND THE HALLWAY. WHEN READY, THEY SHOULD SIT IN THE HALLWAY AND WAIT FOR THEIR SCHEDULED PRACTICE TO BEGIN.**

	BWC ALLSTARS	BWC VARSITY/ VARSITY PLUS
MONDAY	5:30-6:30p	6:30-8:15p
TUESDAY	x	6:00-7:45p
WEDNESDAY	x	x
THURSDAY	5:30-6:30p	6:30-8:15p

Note – Our Varsity Plus division may have additional practice sessions throughout the season to be determined as needed.

Communication:

Coach Jeff Varney, and Sara Varney are your two main contacts.

Email: bomberwrestlingclub@gmail.com

Sara Varney – 440-666-8399 or saradebonis7@gmail.com

Coach Jeff Varney – 440-668-9225

We encourage communication and have a transparent and open door policy. Please come to us directly for anything regarding your student athlete. We strive to have a culture of trust, mutual respect, and continued development. And we're never too old to learn, grow, and adapt together.

The **TEAMSAP APP** is the communication source for Bomber Wrestling Club. You **WILL RECEIVE** an invitation email to join if you are new to the club this year. We ask that you please download the app, set up notifications, and update all parent info and your child's information (and photo). The app allows us all to communicate together, one on one, and see all schedule and documents associated with the club. You set your child's availability for events so we know when your child is present for a competition, and we share everything the Bomber Wrestling Club experience entails. Please try to find the information you are looking for within the app before messaging to the entire 150+ parents on the app 😊 Or as always, just message Coach or Sara Varney individually.

Emails will also be sent, typically WEEKLY, as we highlight certain weeks of the season. If you want a parent OTHER THAN the guardian who registered the athlete to receive communications, you must email us to request they be added.

Social Media is also a way we share photos and accomplishments @bomberwrestlingclub on both FB and Insta

Calendar/Schedule: Full details in "2025/2026 Competition Information" document

Events are posted to the TeamSnap app. Events are also saved as a complete competition file within the TeamSnap app files folder. It is also attached to the Parent Email that this document is contained within. It's broken out by wrestler segment/group.

The Competition schedule identifies **Buckeye league tournaments**, and **open tournaments** that a coach will be present at or that we plan to take a team too, as well as post season tournaments. There is literally competition every weekend now through March if your child wants to. After the BWA regular league concludes Feb 15th, those Varsity Plus athletes will continue competing for OhWay,

OhioQuest, and OAC state runs! OAC is our focus, with wrestlers competing at the OAC District tournaments (Jan – March) to punch their ticket and qualify for the state tournament March 28/29th.

We compete in the **Buckeye Wrestling Association (BWA) League** on Sundays in Dec., Jan., and early Feb. We will carry **TWO BOMBER WRESTLING CLUB VARSITY TEAMS in addition to the Allstars group of wrestlers.** Our goal will be to fill two Varsity rosters of BWC wrestlers and will do so through wrestle offs late November. There will be the **Bomber Red** and the **Bomber Blue** team. They compete against different teams on Sundays (**either 8am weigh in or 10am weigh in this year**). More information and specifics will be communicated after wrestle offs occur. There will be plenty of coaches working with both teams and they continue to practice TOGETHER. They just compete in their respective teams on Sundays. The goal is for every Varsity Wrestler to have one match on competition Sundays. If they are still a young or less experienced wrestler, they can get extra Allstar matches on Sundays as they happen at the same location. **Allstar matches occur at 11:30am** each Sunday through their own dedicated session at the same location as the Varsity meet. Allstars get their age, weight, and experience level written on their hand and are paired with likewise wrestlers from the other schools. They can get multiple matches each Sunday. Their end of season tournament is January 25th. **ALLSTARS DO NOT HAVE TO COMPETE IF THEY DON'T WANT TO, THEY CAN JUST PRACTICE.**

Buckeye League Weight Classes are: 43, 46, 49, 52, 56, 60, 64, 67, 70, 73, 76, 79, 82, 86, 90, 95, 100, 105, 110, 120, 132, 150, 175

Hygiene: Coaches will encourage every student athlete to use **DEFENSE WIPES** at the end of every practice. We encourage you to buy wipes and soap/shower gel from Defense from their website (defensesoap.com) or Amazon. Please, please, please, make your child(ren) shower right after practice and competitions. Skin infections do happen and the best defense against them is 1) to make sure your child showers ASAP after wrestling and 2) you regularly check your child daily and notify the coaches IMMEDIATELY if you suspect or have confirmed infection. We clean and disinfect the wrestling mats nightly as well.

Team Store:

The Rube Adler team store is LIVE through November 7th so that you can buy awesome team gear for your family and receive them the first week of December as meets start rolling. Remember that each student athlete will receive a warmup t-shirt if they are an Allstar, and all Varsity members will receive a warmup t-shirt, warmup jacket, and warmup shorts.

LINK: <https://rubeadler.chippily.com/BOMBERWRESTLINGCLUB2526>

Fundraising and Home Tournament Dec 28th:

This season, our main form of fundraising will be through our home match/dual tournament. Jessica Taylor is our Fundraising Chair. We have ONE **Bomber Wrestling Club Dual Tournament (16 teams) on December 28th** for Varsity Divisions, but we need the help of the entire Bomber Club family to make it happen! We will send a signup genius out to gain volunteers and start planning for the event.

BWC Wrestler and Parent Pledge: The Varsity wrestlers will receive a Wrestlers Pledge after the first week of practice. It describes what it is to be a Bomber Wrestler, and everything expected of them this season. Similarly, we ask that you follow a Parent Code of Conduct. 1) No parent in the room unless you are a coach, no parent matside during matches. 2) Our job as coaches is to coach your child, as a parent we ask that you tell them you love them and let them know how proud you are of them. Absolutely no berating of a wrestler will be tolerated. Be their biggest fan! 3) We have close to 20 coaches in the program focused on training and instructing your wrestler(s), please let them do so and come to us if you want to discuss anything. 4) Keep your child clean!

An Emotional/Mindset Guide for Wrestling Parents:

As the wrestling competitions approach, the pressure can mount not only for the athletes but for their parents as well. It's a time when support and guidance from parents and family can make all the difference. Understanding the delicate balance between encouragement and pressure is key to helping your child thrive during this competitive season. Here are some dos and don'ts for wrestling parents to foster a positive and supportive environment.

Do:

Praise Their Effort and Attitude: Commend your child for the hard work, dedication and positive attitude rather than the wins and losses. Focus on their resilience and the strength of character they show on and off the mat.

Show Belief in Their Capabilities: Express your confidence in their abilities. Let them know that you believe in them, regardless of the outcome of their matches.

Communicate Unconditional Love: Make sure your child knows that your love is not tied to their performance. They need to feel secure that your support is unwavering.

Discuss Life Beyond Wrestling: Engage in conversations about other interests and activities. This helps your child maintain perspective and reduces the stress associated with wrestling.

Don't:

Overemphasize Wrestling: While wrestling is important, constantly talking about it can increase anxiety. It's essential to give your child space to breathe and decompress.

Make Excuses: Avoid justifying losses or failures. Instead, encourage your child to learn from their experiences and grow as an athlete and individual.

Bombard With Technical Advice: Leave the coaching to the coaches. Your role is to be a supportive listener and good parent, not a technical analyst.

Obsess Over Rankings: Constantly discussing rankings, seeds, or opponents can pile on the pressure. Focus on effort and improvement, not numbers. Seeds are for the birds.

Elevate the Postseason Excessively: While the postseason is significant, placing it on a pedestal can be overwhelming. Encourage your child to treat it as an exciting challenge rather than an all-defining event.

Draw Comparisons: Every athlete is unique. Avoid comparing your child to teammates or friends, as this can create unnecessary tension and damage self-esteem.

By following these guidelines, you can help your child maintain a healthy mindset through the wrestling season and postseason. Remember, the most important victory is in helping them become confident, resilient, and joyful individuals both on and off the mat.