

**General Information**

Welcome to the 2010 Columbus YMCA Youth Wrestling Team!! We are looking forward to another successful year of wrestling. This is the first of many information notes that I will send out to keep the parents and wrestlers informed of upcoming events. It is my intention to send out information each and every Monday. If you miss any information please check our website at www.columbuswrestling.org to get a copy or let me know and I will get you a paper copy at practice.

**Wrestler Information Request Form**

Please fill out and return the 2010 Columbus YMCA Youth Wrestling Team Information form for your child, please do so as soon as possible. I need to have this information available so we can develop a call/contact list and I also need the physician information available for practices/tournaments in case of an emergency.

**Upcoming Practice Schedule**

**Times:** Pre-K through 2 Grade @ 6:15-7:15 PM, Grade 3 through 8 @ 7:15-8:15 PM

<b>Sunday</b> 1/3/10	<b>Monday</b> 1/4/10 YMCA Practice	<b>Tuesday</b> 1/5/10 YMCA Practice	<b>Wednesday</b> 1/6/10	<b>Thursday</b> 1/7/10 CHS Away Dual	<b>Friday</b> 1/8/10	<b>Saturday</b> 1/9/10
<b>Sunday</b> 1/10/10 Swap Meet	<b>Monday</b> 1/11/10 YMCA Practice	<b>Tuesday</b> 1/12/10 CHS Home Dual	<b>Wednesday</b> 1/13/10	<b>Thursday</b> 1/14/10 CHS Away Dual	<b>Friday</b> 1/15/10 YMCA Practice	<b>Saturday</b> 1/16/10

**Weather Related Information**

If Columbus Public Schools are cancelled due to weather, practice for that day will also be cancelled. We will inform the radio stations (KLIR 101.1) and have a cancellation notice aired. You can also call the Columbus Family YMCA at 564-9477 for cancellation information.

**Practice Room Guidelines**

In order to minimize the exposure of our wrestlers, their parents and their siblings to communicable diseases as well as to keep the noise levels manageable during practice, we are limiting access to the wrestling room during YMCA practices. Parents and siblings will be not be allowed to sit directly on the wrestling mats. There is very limited space along the south wall between the entrances and along the southwest wall under the chalkboard which parents can sit. Any parents who would like to help out on the mats during practice, please see me as we can always use additional volunteer coaches. If your child is too nervous or timid during the first few practices we can make some exceptions by allowing some extra parents in the room. If you have any concerns, please talk to a coach.

**Directions for Entering Columbus High School:**

Wrestlers and parents must enter the high school through the back entrance on the northwest side of the high school. There should be adequate space in the parking lot. (Please do not park directly in front of the dumpsters!) As you enter the building through the double doors in the corner of the building, take a right down the hall and then take the flight of stairs to your right up to second floor. At the top of the stairs take a right and continue down the hall to the wrestling room. PLEASE FOLLOW ENTRANCE POLICY TO AVOID CONFLICTS WITH OTHER HIGH SCHOOL PROGRAMS!

**Upcoming Columbus High School Wrestling Team Home Dual Meets**

When: Tuesday, 1/12/10, vs. Norfolk H.S. at 6:00 PM (JV) / 7:00 PM (V)  
 Thursday, 1/21/10, vs. Millard South H.S. at 6:00 PM (JV) / 7:00 PM (V)  
 Thursday, 1/28/10, vs. Fremont H.S. at 6:45 PM (JV) / 7:30 PM (V)

These dual meets are excellent opportunities for you to bring your kids and let them see high school level of wrestling. Columbus is well known for their home dual atmosphere and the intensity of the crowd. I am sure that you and your kids won't be disappointed with the excitement. These are not required events for the Team.

**Swap Meet** When: Sunday, 1/10/10 Time: 1-2 p.m. Where: Columbus Family YMCA, Multipurpose Room

The purpose of the swap meet is to give parents an opportunity to buy and sell used wrestling equipment amongst themselves. I would suggest bringing your old shoes and headgears that you would like to sell. Parents in need of equipment please come with your child to try and outfit them with used stuff. The Team is also willing to buy your used shoes for future use.

**Singlets and T-shirt Orders**

Following the Swap Meet, parents/wrestlers will be given the choice of using the Club's used singlets (deposit required) or ordering a new singlet. Singlet order forms will be distributed at practice on Monday, January 11<sup>th</sup> and must be returned Monday, January 18<sup>th</sup>. T-Shirt order forms will also be distributed at practice on Monday, January, 11<sup>th</sup> and must be returned Monday, January 18<sup>th</sup>.

If you have any questions or concerns, please let me know. Coach Brownlow 564-3203