

Columbus YMCA Youth Wrestling Team

When: Season begins Monday, January 4, 2010 and continues through mid-April. Practices in January and February are scheduled around Columbus High School Wrestling Team dual meets and other CHS events. The practices for January of 2010 are scheduled as follows:

Monday, January 4, 2010	Tuesday, January 5, 2010
Monday, January 11, 2010	Friday, January 15, 2010
Monday, January 18, 2010	Thursday, January 21, 2010
Monday, January 25, 2010	Tuesday, January 26, 2010

Regularly scheduled practices for the remainder of the season are normally held every Monday and Thursday of each week. Updated schedules for beyond January will be distributed at practices.

Times: 6:15 p.m. – 7:15 p.m. – Pre-K through 2nd Grade 7:15 p.m. – 8:15 p.m. – 3rd through 8th Grade

Where: CHS Wrestling Room, Columbus High School, 2200 26th Street

Head Coach: Brian Brownlow, CHS Assistant Wrestling Coach

Volunteer Coaches: Jason Hofer, CHS Assistant Wrestling Coach
Former Neligh-Oakdale wrestler (1998-2002)
Nebraska HS State Qualifier
Matt Bates, CHS Assistant Wrestling Coach
Former Columbus High School wrestler (1998-2002)
Nebraska HS State Champion (2002)
Several wrestling dads & current Columbus High School Wrestling Team

Contact Information: Columbus Family YMCA @ 564-9477 or Coach Brian Brownlow @ 564-3203

Team Website: www.columbuswrestling.org

Fees: YMCA Member – Free if signed up prior to 1/1/10, \$10 if signed up on or after 1/1/10
YMCA Non-member - \$45 (less fee paid for December 2009 Clinic) if signed up prior to 1/1/10
YMCA Non-member - \$55 (less fee paid for December 2009 Clinic) if signed up on or after 1/1/10

The goal of the Columbus YMCA Youth Wrestling Team is to teach the fundamental skills of wrestling to each participant and develop teamwork, discipline, self-confidence, fitness and sportsmanship. This program is designed to be a primary feeder program for the Columbus Junior High and Columbus High School wrestling teams. Wrestlers of all skill levels from beginner to experienced will benefit from becoming a member of the Columbus YMCA Youth Wrestling Team. On weekends, the Team will enter several local wrestling tournaments including Columbus, Schuyler, Fremont, Clarks, Central City, Grand Island, Kearney, Lincoln as well as several others. Wrestlers will be encouraged but not required to participate in the tournaments.

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. As you enter the building through the double doors in the corner of the building, take a right down the hall, turn right again, then take the flight of stairs on your left up to second floor. At the top of the stairs take a right and continue down the hall to the wrestling room.

Wrestlers are encouraged to join at any time throughout the season from January through mid-April. Please contact Coach Brownlow prior to joining the team if you plan on joining after the end of February.

(Please pre-register at the Columbus Family YMCA by Friday, January 1st, 2010.)