



COLUMBUS WRESTLING ORGANIZATION



The Columbus Wrestling Organization is a community based program open to all youth from Columbus and the surrounding communities. The Organization is run by volunteers who dedicate their time to the sport of wrestling.

2014-15 SEASON – WRESTLING CLINIC

The Columbus Wrestling Organization's Wrestling Clinic is designed to introduce the sport of wrestling to newcomers as well as reinforce fundamental wrestling skills to the experienced wrestler. Clinic is focused on folk-style wrestling covering top, bottom and neutral positions. Wrestlers of all skill levels from beginner to experienced will benefit from this clinic. All sessions will include technique, live wrestling, conditioning and competitive skill games.

The Wrestling Clinic has been scheduled for five dates due to elementary school Christmas programs scheduled throughout December. All techniques and skills demonstrated at each clinic date will be continuously reviewed so that kids do not miss out on anything. Kids are expected to attend their school Christmas programs.

Dates: December 1st, 2nd, 8th, 15th & 18th

Times: 6:15 p.m. – 7:15 p.m. – Pre-K through 2nd Grade 7:15 p.m. – 8:30 p.m. – 3rd through 8th Grade

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

Contact: Brian Brownlow, CHS Assistant Wrestling Coach, 402-910-8749, columbuswrestlingorg@gmail.com

Website: Please visit team website at www.columbuswrestling.org for additional information and all forms.

Fees: \$10 payable the first night of attendance, fee covers all 5 nights of Clinic

Registration: Registration & payment will take place at Clinic 45 minutes prior to the start of each age group. Please pre-register on-line at www.columbuswrestling.org under Registration link. Forms will be also be available at the Clinic.

2014-15 SEASON – WRESTLING TEAM

The goal of the Columbus Wrestling Organization's Wrestling Team is to teach the fundamental skills of wrestling to each participant and develop teamwork, discipline, self-confidence, fitness and sportsmanship. Wrestlers of all skill levels from beginner to experienced will benefit from becoming a member of the Columbus Wrestling Organization Team. On weekends, the Team will enter several local wrestling tournaments as well as some national level tournaments. Wrestlers will be encouraged but not required to participate in the tournaments.

Dates: January 5th, 6th, 12th, 16th, 19th, 22nd, 26th & 29th. Practices for the remainder of the season (February-April) are normally held every Monday and Thursday. Schedules for beyond January will be provided.

Times: 6:15 p.m. – 7:15 p.m. – Pre-K through 2nd Grade 7:15 p.m. – 8:30 p.m. – 3rd through 8th Grade

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

Contact: Brian Brownlow, CHS Assistant Wrestling Coach, 402-910-8749, columbuswrestlingorg@gmail.com

Website: Please visit team website at www.columbuswrestling.org for information and forms.

Fees: \$50 (\$40 if Clinic Fee was paid). Payable the first night of attendance, fee covers entire season

Registration: Registration & payment will take place at Team practice 45 minutes prior to the start of each age group. Please pre-register on-line at www.columbuswrestling.org under Registration link. Forms will be also be available.

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. 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. Then take a right, 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.)**