



# 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.*

## 2023 CWO FREESTYLE & GRECO WRESTLING SEASON

The goal of the Columbus Wrestling Organization's Freestyle & Greco Wrestling Season is to introduce Freestyle and Greco styles of wrestling to our beginners and reinforce techniques for wrestlers with experience in these Olympic styles of wrestling. The season is open to all boys and girls interested in learning this style of wrestling.

We will work on transitioning a wrestler's Folkstyle skills into Freestyle and Greco styles of wrestling. Our belief is that the more skills a wrestler masters in any style of wrestling, the better wrestler you will become overall. Freestyle and Greco training will enhance your already mastered Folkstyle skill set.

We will plan to participate in any Freestyle/Greco tournaments that are available throughout the months of March through May with a focus on preparing for the Nebraska USA State Freestyle / Greco Tournament held on Sunday, May 7<sup>th</sup> in Lincoln, NE. Wrestlers will be encouraged but not required to participate in the tournaments.

**Dates:** Mondays & Thursdays from latter part of March through May, starting on Monday, March 27<sup>th</sup>, 2023.

**Times:** 6:30 p.m. – 8:00 p.m.

**Calendar:** CWO Team Google Calendar will be updated as season progresses. See link below:

<https://calendar.google.com/calendar/embed?src=columbuswrestlingorg%40gmail.com&ctz=America%2FChicago>

**Ages:** All USA Wrestling Freestyle/Greco Age Groups & younger

**Where:** CHS Wrestling Room, Columbus High School, 3434 Discoverer Dr., Columbus, NE

**Contact:** Brian Brownlow, CWO Director / Coach, 402-910-8749, [columbuswrestlingorg@gmail.com](mailto:columbuswrestlingorg@gmail.com)

**Fees:** \$25 for non-CWO members, free to CWO members. Team discount of \$100 per team is available if 5 or more wrestlers are registered and paid for with a Team/Club check.

***All wrestlers must have a USA Wrestling Card & must present it at first practice attended.***

**Registration:** Registration must be completed on-line at the link below prior to attending first practice session.

**Registration Link:**

<https://forms.gle/E2378a7TfKSWsbXDA>

**Directions for Entering Columbus High School and parking maps are located here:**

<http://www.columbuswrestling.org/wp-content/uploads/2023/03/Directions-for-Entering-CHS-CWO-Freestyle-Greco-Wrestling-Season-2023.pdf>