

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.

WHY SHOULD YOU WRESTLE OR WHY SHOULD MY CHILD WRESTLE ?

In the sport of wrestling, anyone can do it and everyone gets to participate. Wrestling is geared to be fun while teaching hard work and discipline, building confidence, developing a competitive spirit, attaining physical fitness, being part of a team, learning self-defense and providing an energy outlet for kids. Wrestling also develops athleticism that is beneficial in other sports and activities.

2023-24 SEASON – WRESTLING TEAM (BOYS & GIRLS)

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. The Wrestling Team is open to both boys and girls for all grade levels.

CWO 2024 Wrestling Team (Boys & Girls) Schedule

Week #1: Tuesday, January 2nd & Thursday, January 4th

Week #2: Monday, January 8th & Thursday, January 11th

Week #3: Monday, January 15th & Wednesday, January 17th (or Thursday, January 18th, TBD)

Week #4: Monday, January 22nd & Tuesday, January 23rd

Week #5: Monday, January 29th & Thursday, February 1st

Practices for the remainder of the season (February-April) are posted on the CWO Team Calendar.

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

Where: CHS Wrestling Room, Columbus High School, 3434 Discoverer Dr., 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: \$50 (\$40 if Clinic Fee was paid). Payable the first night of attendance, fee covers entire season.

PLEASE BRING A CHECK WRITTEN TO "CWO" – OR – THE EXACT AMOUNT OF CASH AS WE WILL NOT MAKE CHANGE AT THE CHECK-IN / REGISTRATION TABLE.

Registration: Check-ins & payment will take place at Team practice **starting 15 minutes prior to the start of each age group.** All CWO Wrestling Team participants **MUST** be pre-registered on-line at www.columbuswrestling.org under the Registration link.

PLEASE READ THE FOLLOWING REQUIRED PROTOCOLS FOR THE CLINIC (see website for maps):

Pre-K – 2nd Grade: Wrestlers will enter and exit the building through the doors on the northwest side of the high school. Park in the northeast parking lot and use sidewalk on the north side of school for entering.

3rd – 8th Grade: Wrestlers will enter and exit the building through the doors on the west side of the high school just north of the loading docks. Park in one of parking lots located west and south of school.

IN AN EFFORT TO MAXIMIZE THE AMOUNT OF SPACE IN THE WRESTLING ROOM AND KEEP DISTRACTIONS TO A MINIMUM ... PARENTS WILL NOT BE ALLOWED IN THE WRESTLING ROOM UNLESS PRE-APPROVED TO HELP AS A VOLUNTEER COACH. SIBLINGS (NON-WRESTLING) ARE ALSO NOT ALLOWED TO BE IN THE WRESTLING ROOM. THERE ARE NO EXCEPTIONS TO THESE RULES.

ALSO, PARENTS ARE NOT ALLOWED TO STAY IN THE HIGH SCHOOL HALLWAYS DURING PRACTICE. PARENTS ARE ASKED TO ONLY STAY LONG ENOUGH TO DROP OFF THEIR WRESTLER AT THE CHECK IN TABLE AND THEN RETURN 5-10 MINUTES BEFORE THE END OF PRACTICE TO PICK UP WRESTLER(S).

PRACTICES WILL START AND END ON TIME TO ACCOMMODATE THESE REQUIREMENTMENTS.

NOTE: ALL WRESTLERS ARE RESPONSIBLE FOR BRINGING THEIR OWN WATER BOTTLES.