

**Information Note #1 & #2 Combined – Week of 1/1/24 & 1/8/24**

**General Information**

Welcome to the Columbus Wrestling Organization’s 2024 Wrestling Team!! We are looking forward to a successful year of wrestling. This is the first of many information notes that we will send out to keep the parents and wrestlers informed of upcoming events. It is our intention to send out information via email each Monday.

*I am including all currently registered Wrestling Team participants on the first few informational emails as well as our Clinic participants who have not joined the Wrestling Team in case they are still wanting to join.*

**Weather Related Information**

If Columbus Public Schools are canceled due to weather, practice for that day will also be canceled. We will inform the local radio stations and have a cancellation notice aired. We will also post the information on the Team website as well as the Team Facebook page. An email will also be sent if we have enough advanced notice from the school.

**Columbus Wrestling Organization (CWO) Website**

We continue to make improvements to our website each year. Our website has information regarding the CWO wrestling program including weekly information notes, tournament forms, news, results and plenty more. Please visit the website at: [www.columbuswrestling.org](http://www.columbuswrestling.org)

**Season Practice / Tournament Overview Calendar**

CWO Team calendar can be accessed from our team website or directly from the link below:

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

**Columbus Wrestling Organization (CWO) Facebook Page**

Tournament results and other information are posted weekly on our Columbus Wrestling Organization Facebook page. Please visit the site at: <http://www.facebook.com/?sk=welcome#!/columbuswrestlingorg>

**Columbus Wrestling Organization (CWO) Twitter Feed & Instagram Account**

We have a Twitter feed for the CWO for those of you interested in receiving updates, results and information via Twitter. Our Twitter handle is “CWO\_Wrestling”, check it out and be sure to follow us. We also have an Instagram account for the CWO for those of you interested in receiving updates, results and information via Instagram. Our Instagram username is “CWO-Wrestling”, check it out and be sure to follow us.

**Practice Room Guidelines**

As noted in the “Columbus Wrestling Organization Team Brochure (2023-24 Season)” brochure, we have the following guidelines associated with CWO Wrestling Team practices:

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 the 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 the 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 REQUIREMENTS.

***NOTE: ALL WRESTLERS ARE RESPONSIBLE FOR BRINGING THEIR OWN WATER BOTTLES AND KEEPING IT WITH THEM IN THE PRACTICE ROOM.***

Another reminder that when coaches and/or wrestlers walk into the wrestling room, NO STREET SHOES ARE ALLOWED. Dirt and especially rocks/pebbles damage the surface of the mats. Please make sure your wrestlers change into their wrestling shoes AFTER they arrive at the high school. Please do not have your wrestler walk in his wrestling shoes directly from the parking lot into the wrestling room. This helps to avoid outside dirt and debris being brought into the wrestling room.

### **COVID Protocols**

CWO will follow the same protocols established by Columbus Public Schools for anyone who has tested positive for COVID and those who have been exposed to someone who has tested positive for COVID.

### **Hallways at Columbus High School**

Please make sure your child does not run the halls at the school while waiting for either Team practice to begin or end. Please have them wait patiently in the hallway behind the check-in table. Everyone has done a great job with this and we would like to keep up the good work.

### **Volunteer Coaches Needed**

For those of you who have coaching and/or wrestling experience and would like to help out as a volunteer coach at practices and/or tournaments, we are in need of additional help, especially in the PreK-2<sup>nd</sup> grade group of wrestlers. If you don't have wrestling or coaching experience but have a desire to work with the kids, please consider volunteering and learning how to coach our wrestlers. Many of our coaches in the past had no wrestling experience and learned along the way with their child and ended up being some of our best coaches. If you are interested in helping us or trying it out, please contact Coach Brownlow at 402-910-8749, or by email at [columbuswrestlingorg@gmail.com](mailto:columbuswrestlingorg@gmail.com) or step into the wrestling room at the start of practice and let our coaching staff know.

### **Team Tournaments – CWO First Team Tournament**

Our first official Team tournament will be this upcoming weekend on Sunday, January 14<sup>th</sup> in Schuyler, NE. The following weekend we will be taking a dual team the UNK Wrestling Duals in Kearney, NE and on Sunday be wrestling at the Lakeview tournament. A separate email will be sent out regarding the UNK dual tournament and how your wrestler can be a part of the CWO team that will go.

For each Team tournament, parents are responsible for sending in the tournament entry form along with payment or in some cases, registering them on-line. We will have coaches present at all Team tournaments for all age divisions. As noted above, CWO wrestlers are required to wear our Team singlets at designated Team tournaments. This shows pride in our Team and also makes our wrestlers more easily spotted at the tournaments by coaches, parents and fans.

To help our new parents and wrestlers, we have created a “CWO TOURNAMENT CHECKLIST FOR PARENTS AND WRESTLERS” document to help parents and wrestlers know what to do before, during and after tournaments including how to register for tournaments, how to check in and weigh in at the event and what to expect during tournaments.

Direct link to the document: <http://www.columbuswrestling.org/wp-content/uploads/2019/01/CWO-TOURNAMENT-CHECKLIST-FOR-PARENTS-AND-WRESTLERS.pdf>

### **Team Singlets**

We have custom designed lycra sublimated singlets for our wrestling team. The singlets will be distributed to those wrestlers who are a part of the Columbus Wrestling Organization Wrestling Team. We require our team singlets to be worn by our wrestlers during team tournaments. A deposit check of \$65 and the attached "CWO Singlet Liability Form (2023-24 Season)" will be required when the singlet is issued to your wrestler. Your wrestler can pick up a singlet in Room A119 for use during this year's season.

Singlets will be distributed to the Team starting Monday, January 8<sup>th</sup> at practice. PreK-2nd Grade are asked to get their singlets AFTER 7:15 p.m. and 3rd-8th grade are asked to get their singlets BEFORE 7:15 p.m. [NOTE: If you have been loaned out a singlet during pre-season wrestling, you MUST fill out a form and give a deposit check ASAP.]

The "CWO Singlet Liability Form (2023-24 Season)" is attached and will also be available at the check-in table if you do not have access to a printer.

### **Apparel Orders (Due date: TBD)**

Each wrestler will receive a free short-sleeve t-shirt if they participate on the Columbus Wrestling Organization Wrestling Team. For the parents and other family members, we have very reasonably priced t-shirts, sweatshirts, ¼ zips and shorts available for ordering. We also have sackpacs available for the kids and adults to purchase. A flyer will be distributed via email once pricing information is sent to me from our vendor. We will send out the ordering information very soon.

### **USA Wrestling Insurance Cards**

Part of the CWO Team membership fees goes to purchasing each wrestler a USA Wrestling Insurance Card. This is secondary sports accident insurance (coverage is secondary to primary medical insurance) which we are required to carry as a youth sports organization. Many, if not all, of the tournaments we go to require proof of secondary sports insurance.

### **Team and Individual Pictures**

Date and time have not been finalized yet. We will keep everyone updated when the final schedule is made.

NOTE: The schedule for all of our Team Tournaments is listed on the Team website under the "Tournaments" page. Additional "Pre-Season" and "Opportunity Tournaments" are also listed. Each week we will continue to list the upcoming Team Tournaments in the Information Notes as a reminder to everyone and a way to communicate any changes or additional information specific to those tournaments. Please frequently check the "Tournaments" page to see any updates throughout the season. We can only guarantee coaches the tournament listed as "Team Tournaments". The "Pre-Season" and "Opportunity Tournaments" are for parents and wrestlers who seek additional competition on their own. Although, generally, we have some coaches at those tournaments with their own child.

### **Upcoming Team Tournaments/Events:**

Sunday, January 14<sup>th</sup>, 2024      *Warrior Wrestling Academy (Schuyler) Tournament (Schuyler High, Schuyler, NE)*  
We will be going to this tournament as a team. Forms and information is available on the Team website at [www.columbuswrestling.org/tournaments](http://www.columbuswrestling.org/tournaments). **Parents are responsible for sending in form and/or registering on-line on their own including making payment.**

Saturday, January 20<sup>th</sup>, 2024      *UNK Midwest Duals (Expo Center, Buffalo County Fairgrounds, Kearney, NE)*  
A separate email will be sent out for this event. We will have a CWO team competing in this event this year.

Sunday, January 21<sup>st</sup>, 2024      *Lakeview Wrestling Club Tournament (Lakeview High School, Columbus, NE)*  
We will be going to this tournament as a team. Forms and information is available on the Team website at [www.columbuswrestling.org/tournaments](http://www.columbuswrestling.org/tournaments). **Parents are responsible for sending in form and/or registering on-line on their own including making payment.**

### **Opportunity Tournaments:**

Saturday, January 13<sup>th</sup>, 2024      *My First Wrestling Tournament (Nebraska Wesleyan University, Lincoln, NE)*  
Information for this tournament is available on the team website at [www.columbuswrestling.org/tournaments](http://www.columbuswrestling.org/tournaments). This is a very good tournament for wrestlers who have no or little experience. We cannot guarantee that coaches will be at this tournament.

**If you have any questions or concerns, please let me know.**

Coach Brian Brownlow, Phone/text: 402-910-8749, Email: [columbuswrestlingorg@gmail.com](mailto:columbuswrestlingorg@gmail.com)