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 WRESTLING?

Wrestling builds confidence, discipline, strength, physical fitness, and mental toughness while teaching teamwork and sportsmanship. It's a great way for kids to stay active, make friends, and develop skills that carry over into other sports. Whether your child is new to wrestling or already experienced, there's a place for them at CWO!

2026-27 SEASON – WRESTLING CLINIC (BOYS & GIRLS)
*** NEW THIS YEAR – CLINIC IS HELD IN NOVEMBER ***

The CWO Wrestling Clinic welcomes boys and girls of all experience levels, from first-time wrestlers to experienced competitors. Sessions focus on fundamental folkstyle wrestling skills, including neutral, top, and bottom positions. Each session includes technique instruction, live wrestling, conditioning, and competitive games designed to reinforce skills and build confidence.

Boys & Girls Clinic Schedule

Session	Date	Pre-K – 2nd Grade	3rd – 8th Grade
Day 1	Sun., Nov. 8	1:00–2:30 PM	3:30–5:00 PM
Day 2	Thu., Nov. 12	6:15–7:15 PM	7:15–8:30 PM
Day 3	Tue., Nov. 17	6:15–7:15 PM	7:15–8:30 PM
Day 4	Thu., Nov. 19	6:15–7:15 PM	7:15–8:30 PM
Day 5	Sun., Nov. 22	1:00–2:30 PM	3:30–5:00 PM
Day 6	Mon., Nov. 23	6:15–7:15 PM	7:15–8:30 PM

Girls Only Clinic Schedule

Session	Date	Pre-K – 8th Grade
Day 1	Sun., Nov. 8	2:30–3:30 PM
Day 2	Sun., Nov. 22	2:30–3:30 PM

GIRLS ONLY WRESTLING CLINIC — ALL EXPERIENCE LEVELS WELCOME!
CWO is offering two Girls Only sessions designed to introduce girls to wrestling in a fun, supportive environment while building confidence and developing fundamental skills. Girls of all experience levels are welcome and may participate in both the Boys & Girls Clinic and the Girls Only sessions.

REGISTER FOR THE CWO WRESTLING CLINIC:

- Clinic cost is $10 per wrestler and covers all six Boys & Girls Clinic Sessions, plus both Girls Only Sessions.
- All wrestlers must register online before attending their first session at www.columbuswrestling.org/registration/
- Check-in begins 15 minutes before each age group's session. The $10 fee is payable at the wrestler's first session.
- Pay by check to CWO or bring exact cash. No change will be available.

Where: CHS Auxiliary (West) Gym, 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.

Entrance & Parking:
Pre-K – 2nd Grade Clinic and Girls Only Clinic participants 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 along the north side of the school to reach the entrance.

3rd – 8th Grade Clinic participants 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 the parking lots west or south of the school.

All wrestlers should bring their own water bottle. Water breaks will be provided throughout each session.

***** 2026-27 CWO Wrestling Team Season *****
Team practices begin in late November or early December. Additional information will be provided during the clinic.