



# 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.*

## 2011-12 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 5th, 9th, 12th, 15th & 19th

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

**Where:** CHS Wrestling Room, Columbus High School, 2200 26<sup>th</sup> Street

**Contact:** Brian Brownlow, CHS Assistant Wrestling Coach, Cell Phone 402-910-8749, Home Phone 402-564-3203  
Email: columbuswrestlingorg@gmail.com –or– bjbrown@neb.rr.com

**Website:** www.columbuswrestling.org

**Fees:** \$10 payable the first night of attendance

**Registration:** Registration will take place at the Clinic 30 minutes prior to the start of each session.

## 2011-12 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, 9th, 13th, 16th, 19th, 23rd, 24th & 30th. 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 2<sup>nd</sup> Grade      7:15 p.m. – 8:30 p.m. – 3<sup>rd</sup> through 8<sup>th</sup> Grade

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**Website:** www.columbuswrestling.org

**Fees:** \$35 (\$25 if Clinic Fee was paid). Payable the first night of attendance

**Registration:** Registration during the first two weeks of Team Practice 30 minutes prior to the start of each practice.

### 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.)**