

Information Note #1 – Week of 1/14/13**General Information**

Welcome to the Columbus Wrestling Organization's 2013 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 as well as posting on our website each and every Monday. We are striving to eliminate paper copies and rely on electronic communications again this year. If you do not have access to the internet or do not have an email account, please let us know and we will get paper copies to you and your family throughout the year.

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>

Wrestler Information Form

Please fill out and return the *CWO Wrestler Information Form (2012-13 Season)* for your wrestler(s). We need to have this information available so we can develop a contact list and we also need the physician information available for practices/tournaments in case of an emergency. NOTE: The information form also contains a place to order your wrestler a free short-sleeve team t-shirt. If the information form is not returned by Tuesday, January 15th, they will miss the first t-shirt order and will have to wait until the second order arrives. Please submit the form as soon as possible when you check in at practice!! You can fill out the form emailed out or the form is also available on our website under the About Us menu as the Information Form link. There is a form which can be downloaded, filled out, printed and brought to practice. You may email the filled out form to columbuswrestlingorg@gmail.com.

T-Shirt Orders (1st Order) (Due Tuesday, 1/15)

A flyer will be available at practice and also emailed out for the first order of t-shirts. The first order will be due back on Tuesday, January 15th at our Team practice. This is short notice but we are trying to get an order in so we have t-shirt back before we start the majority of our team tournaments. There will be a second order taken for those who miss the first order deadline which will be due a few weeks after. Reminder, your wrestlers will receive a free t-shirt paid for by our main sponsorer. Do NOT include the free shirt on your order form, we will order the free shirt based on what is put on the Wrestler Information Form (see above).

Team Singlets

We have 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 a CWO Singlet Liability Form will be required when the singlet is checked out. Please read additional details on the Singlet Liability Form. Singlets will be distributed starting Monday, January 14th at practice. Our first team tournament will be Sunday, January 20th so be sure to get a singlet on Monday (1/14) or Tuesday (1/15) at Team practice. [NOTE: If you have been loaned out a singlet during preseason wrestling, you MUST fill out a form and give a deposit check ASAP.]

Weather Related Information

If Columbus Public Schools are cancelled due to weather, practice for that day will also be cancelled. 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. If you checked the box on the Information Form, you will also receive a cell phone text message of changes.

Volunteer Form

Please fill out and return the *CWO Volunteer Form (2012-13 Season)* for yourself and family. This is a new effort of ours to reach out to those family members who are willing to provide volunteer help. We have many opportunities to help contribute to the success of our program. Please fill out the form and return it to one of the coaches at practice. Thank you!!

Information Note #1 – Week of 1/14/13 (cont.)**Special Event - - Columbus Wrestling Organization vs. Fremont Wrestling Club Dual Meet (3rd-6th Graders only)**

The Columbus Wrestling Organization and the Fremont Wrestling Club have put together a unique and fun experience for our youth wrestling clubs. We have agreed to have our youth wrestling teams compete in a dual meet prior to the annual Columbus vs. Fremont high school wrestling dual each year. The sixth annual youth dual meet will be held this year at Fremont High School prior to the junior varsity / varsity dual meet on Thursday, January 24th, 2013. The format has been changed due to Fremont Middle School wrestling program being in-season during January. The dual meet will now be for 3rd-6th graders competing in a single dual meet. The dual meet will be wrestled on one mat starting at 5:45 p.m. ***Although only the 3rd-6th graders are involved in the dual meet, all wrestlers and their families are encouraged to attend and support the Columbus Wrestling Organization team.*** Additional information will be discussed at practice and email out to 3rd – 6th graders the week of January 14th.

Practice Room Guidelines

In order to minimize the exposure of our wrestlers, their parents and their siblings to communicable diseases as well as to keep the noise levels manageable during practice, we are limiting access to the wrestling room during Team practices. Parents and siblings will not be allowed to sit directly on the wrestling mats. There is very limited space along the south wall between the entrances and along the southwest wall under the chalkboard which parents can sit. Any parents who would like to help out on the mats during practice, please see me as we can always use additional volunteer coaches. If your child is too nervous or timid during the first few practices we can make some exceptions by allowing some extra parents in the room. If you have any concerns, please talk to a coach.

Columbus High School Facility Usage Guidelines

We will be providing all parents with Facility Usage Guidelines which we have agreed to with Columbus High School which allows us to utilize the wrestling room for our practices. These Guidelines will inform parents and wrestlers of behavior guidelines expected to be following before, during and after practice. We will be assigning each family a night where at least one parent will be required to help monitor the halls and make sure all wrestlers and their family members follow the Guidelines. The list will be sent out along with the Facility Usage Guidelines.

Upcoming Team Tournaments:**Sunday, January 20th, 2013 *Lakeview Wrestling Club Tournament (Lakeview High School)***

We will be going to this tournament as a team. Forms will be emailed out. They are also available on the Team website at www.columbuswrestling.org or on the Huskerland website at www.huskerland.org/calendar. **Parents are responsible for sending in form & money on their own.**

Sunday, February 3rd, 2013 *Schuyler Wrestling Club Tournament (Schuyler High School)*

We will be going to this tournament as a team. Forms will be emailed out. They are also available on the Team website at www.columbuswrestling.org or on the Huskerland website at www.huskerland.org/calendar. **Parents are responsible for sending in form & money on their own.**

Upcoming Opportunity Tournaments:**Saturday, January 19th, 2013 *David City Wrestling Club Tournament @ David City High School, David City, NE***

Information for this tournament will be emailed out to parents and is also available on the Huskerland website at www.huskerland.org/calendar. We will make every attempt to have coaches at this tournament.

Sunday, January 27th, 2013 *MWC King of the Mat Wrestling Tournament @ Ralston Arena, Ralston, NE*

Information for this tournament will be emailed out to parents and is also available on the Huskerland website at www.huskerland.org/calendar. We will make every attempt to have coaches at this tournament.

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

Coach Brian Brownlow 910-8749 (Cell) Email: columbuswrestlingorg@gmail.com