



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.

2020-21 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 is scheduled for five dates in December with wrestlers separated by grade, not experience level. All techniques and skills demonstrated at each clinic date will be continuously reviewed and reinforced at each practice. The Wrestling Clinic is open to both boys and girls for all grade levels.

CWO 2020 Wrestling Clinic Schedule

Day 1:	Sunday, 12/6/20	Times: [1:00 – 2:30 p.m. for Pre-K - 2 nd Grade] [3:00 – 4:30 p.m. for 3 rd - 8 th Grade]
Day 2:	Monday, 12/7/20	Times: [6:20 – 7:20 p.m. for Pre-K - 2 nd Grade] [7:40 – 9:00 p.m. for 3 rd - 8 th Grade]
Day 3:	Tuesday, 12/8/20	Times: [6:20 – 7:20 p.m. for Pre-K - 2 nd Grade] [7:40 – 9:00 p.m. for 3 rd - 8 th Grade]
Day 4:	Sunday, 12/20/20	Times: [1:00 – 2:30 p.m. for Pre-K - 2 nd Grade] [3:00 – 4:30 p.m. for 3 rd - 8 th Grade]
Day 5:	Monday, 12/21/20	Times: [6:20 – 7:20 p.m. for Pre-K - 2 nd Grade] [7:40 – 9:00 p.m. for 3 rd - 8 th Grade]

Where: CHS North (Auxiliary) 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.

Fees: \$10 payable the first night of attendance, fee covers all 5 nights of the Clinic. **PLEASE BRING A CHECK WRITTEN TO “CWO” OR THE EXACT AMOUNT OF CASH, WE WILL NOT MAKE CHANGE AT THE CLINIC.**

Registration: Check-ins & payment will take place at Clinic **starting 15 minutes prior to the start of each age group**. Do not show up earlier than 15 minutes as the doors will be locked until that time. All Clinic participants **MUST** be pre-registered on-line at www.columbuswrestling.org under the Registration link.

All Clinic times and dates are subject to change based on local and State mandated DHM’s and CPS protocols. Any changes necessary throughout the Clinic will be emailed to registered wrestlers as well as posted on the CWO website and Facebook page.

PLEASE READ THE FOLLOWING REQUIRED PROTOCOLS FOR THE CLINIC:

Pre-K – 2nd Grade: All wrestlers must wear a mask in and out of the school and up to the point where actual wrestling instruction begins. Temperature checks will be held as wrestlers enter, any wrestlers with elevated temperatures will be asked to leave. All wrestlers will be required to hand sanitize when entering and exiting the Clinic. **All Pre-K – 2nd grade wrestlers will enter and exit the building through the doors on the northwest side of the high school. This is the same entrance used in the past. NO EXCEPTIONS to this policy! Please park in the northeast parking lot and use sidewalk on the north side of school for entering.**

ONLY ONE parent per wrestler will be allowed to attend the Clinic and sit socially distanced in the bleachers during the time designated for their age group. Children, including all siblings, who are not participating in the Clinic will NOT be allowed to enter. All parents MUST pass the temperature screening prior to entrance and MUST wear masks the entire time they are in the building.

3rd – 8th Grade: All wrestlers must wear a mask in and out of the school and up to the point where actual wrestling instruction begins. Temperature checks will be held as wrestlers enter, any wrestlers with elevated temperatures will be asked to leave. All wrestlers will be required to hand sanitize when entering and exiting the Clinic. **All 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. This is a different entrance than the one used in the past. NO EXCEPTIONS to this policy!!! Please park in one of parking lots located west and south of school.**

ONLY ONE parent per wrestler will be allowed to attend the Clinic and sit socially distanced in the bleachers during the time designated for their age group. Children, including all siblings, who are not participating in the Clinic will NOT be allowed to enter. All parents MUST pass the temperature screening prior to entrance and MUST wear masks the entire time they are in the building.

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