



# 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 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. The Wrestling Team is open to both boys and girls for all grade levels.

### CWO 2021 Wrestling Team Schedule

**Dates:** Week #1: Tuesday, January 5<sup>th</sup> & Friday, January 8<sup>th</sup>

Week #2: Monday, January 11<sup>th</sup> & Thursday, January 14<sup>th</sup>

Week #3: Monday, January 18<sup>th</sup> & Tuesday, January 19<sup>th</sup>

Week #4: Monday, January 25<sup>th</sup> & Tuesday, January 26<sup>th</sup>

*Practices for the remainder of the season (February-April) will be updated on the Team Google Calendar.*

**Times:** [6:20 – 7:20 p.m. for Pre-K - 2<sup>nd</sup> Grade] [7:40 – 9:00 p.m. for 3<sup>rd</sup> - 8<sup>th</sup> Grade]

**Where:** CHS Wrestling Room, 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](http://www.columbuswrestling.org) for additional information and all forms.

**Fees:** \$50 (\$40 if Clinic Fee was paid). Payable the first night of attendance, fee covers entire season.

***PLEASE BRING A CHECK WRITTEN TO “CWO” – OR – THE EXACT AMOUNT OF CASH AS WE WILL NOT MAKE CHANGE AT THE CHECK-IN / REGISTRATION TABLE.***

**Registration:** Check-ins & payment will take place at Team practice **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 CWO Wrestling Team participants **MUST** be pre-registered on-line at [www.columbuswrestling.org](http://www.columbuswrestling.org) under the Registration link.

### **PLEASE READ THE FOLLOWING REQUIRED PROTOCOLS FOR WRESTLING TEAM PRACTICES:**

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.

**Pre-K – 2<sup>nd</sup> Grade:** *All Pre-K – 2<sup>nd</sup> 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.*

**3<sup>rd</sup> – 8<sup>th</sup> Grade:** *All 3<sup>rd</sup> – 8<sup>th</sup> 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.*

NO PARENTS WILL BE ALLOWED IN THE WRESTLING ROOM UNLESS PRE-APPROVED TO HELP AS A VOLUNTEER COACH. DUE TO COVID-19 PROTOCOLS, THERE ARE **NO** EXCEPTIONS TO THIS RULE.

PARENTS WILL NOT BE ALLOWED TO STAY IN THE HIGH SCHOOL DURING PRACTICE. THEY WILL ONLY BE ALLOWED TO STAY LONG ENOUGH TO DROP OFF THEIR WRESTLER AT THE CHECK IN TABLE AND ARE ALLOWED TO RETURN 5 MINUTES BEFORE THE END OF PRACTICE TO PICK THEIR CHILD UP.

***PRACTICE WILL ALWAYS END ON TIME TO ACCOMMODATE THIS REQUIREMENT.***

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