

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 SHOULD YOU WRESTLE OR WHY SHOULD MY CHILD WRESTLE ?

In the sport of wrestling, anyone can do it and everyone gets to participate. Wrestling is geared to be fun while teaching hard work and discipline, building confidence, developing a competitive spirit, attaining physical fitness, being part of a team, learning self-defense and providing an energy outlet for kids. Wrestling also develops athleticism that is beneficial in other sports and activities.

2024-25 SEASON – WRESTLING CLINIC (BOYS & GIRLS)

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. 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 2024 Wrestling Clinic (Boys & Girls) Schedule

Day 1:	Sun, 12/1/24	Times: [1:00 – 2:30 p.m. for Pre-K - 2 nd Grade] [3:30 – 5:00 p.m. for 3 rd - 8 th Grade]
Day 2:	Mon, 12/2/24	Times: [6:15 – 7:15 p.m. for Pre-K - 2 nd Grade] [7:15 – 8:30 p.m. for 3 rd - 8 th Grade]
Day 3:	Sun, 12/8/24	Times: [1:00 – 2:30 p.m. for Pre-K - 2 nd Grade] [3:30 – 5:00 p.m. for 3 rd - 8 th Grade]
Day 4:	Mon, 12/9/24	Times: [6:15 – 7:15 p.m. for Pre-K - 2 nd Grade] [7:15 – 8:30 p.m. for 3 rd - 8 th Grade]
Day 5:	Mon, 12/16/24	Times: [6:15 – 7:15 p.m. for Pre-K - 2 nd Grade] [7:15 – 8:30 p.m. for 3 rd - 8 th Grade]
Day 6:	Thur, 12/19/24	Times: [6:15 – 7:15 p.m. for Pre-K - 2 nd Grade] [7:15 – 8:30 p.m. for 3 rd - 8 th Grade]

2024-25 SEASON – WRESTLING CLINIC (GIRLS ONLY)

The Columbus Wrestling Organization is offering two "GIRLS ONLY" Clinic sessions to introduce the sport of wrestling to girls to help build a foundation to support middle and high school girl's wrestling programs in and around the Columbus community. All girls will receive an exclusive free t-shirt for attending. NOTE: Girls may attend both the "Boys & Girls" and the "Girls Only" sessions.

CWO 2024 Wrestling Clinic (Girls Only) Schedule

Day 1:	Sun, 12/1/24	Times: [2:30 – 3:30 p.m. for Pre-K - 8 th Grade]
Day 2:	Sun, 12/8/24	Times: [2:30 – 3:30 p.m. for Pre-K - 8 th Grade]

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.

Fees: \$10 payable the first night of attendance, fee covers all 6 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.** All Clinic participants **MUST** be pre-registered on-line at www.columbuswrestling.org under the Registration link.

PLEASE READ THE FOLLOWING REQUIRED PROTOCOLS FOR THE CLINIC (see website for maps):

Pre-K – 2nd Grade (and Girls Only Clinic): Wrestlers 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 sidewalk on the north side of school for entering.

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. Park in one of parking lots located west and south of school.

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

2025 WRESTLING TEAM INFORMATION WILL BE SENT OUT AT END OF CLINIC SESSIONS