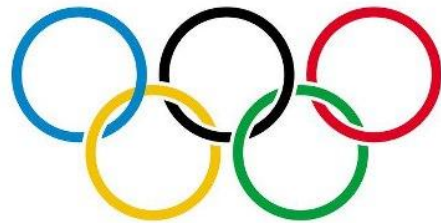




www.btscolumbus.org



**SAVE OLYMPIC
WRESTLING!**

<http://saveolympicwrestling.org>



www.usawrestling-ohio.org

2013

**USA Wrestling-Ohio
State Championships**

First Place - GR

Mason Sutandar – Novice (85)
Zach Williams – Schoolboy (77)
Dominick Demas - Cadet (138)
James Ford - Cadet (220)

Second Place – FS

Mason Sutandar – Novice (85)
Zach Williams – Schoolboy (77)
Dominick Demas (138)

Third Place - FS

James Ford

2013

**USA Wrestling
Central Regional
Indianapolis Indiana**

First Place – GR

Zach Williams –Schoolboy (77)
James Ford - Cadet (220)

First Place – FS

James Ford - Cadet (220)

Third Place - FS

Chris Martinez

**2013 USA Wrestling
Kids Nationals
Provo Utah**

Seventh Place – GR *All American

Zach Williams –Schoolboy (77)

**2013 USA Wrestling
Cadet and Junior Nationals
Fargo, North Dakota**

Fourth Place – GR *All American

Dominick Demas - Cadet (138)

Seventh Place – GR *All American

James Ford - Cadet (220)

Columbus Wrestling Club



Fall Wrestling Program



August 1st - October 31st

Location:

**Worthington Kilbourne High School
4900 Hard Rd.
Columbus Ohio 43235**

**Registration now open for
wrestlers in 6th-12th grades**

<http://columbuswrestlingclub.org>

Club Membership Information

Cost is **\$260.00** (includes wrestling training, health club access, team tshirt)

The Fall wrestling program meets (3) days a week Monday, Wednesday & Thursday.

Mondays and Thursdays will focus on wrestling technique, drilling, and live wrestling drills. (W.Kilbourne HS)

Wednesdays will focus on mental focus, relaxation techniques, flexibility, strength and conditioning cross training activities. (Columbus Sports North Health Club).

Wrestlers will have the opportunity to learn and practice world class wrestling techniques. Practices and conditioning activities will focus on fun and competition. Each session will be conducted utilizing European training methods and philosophies .

Sergei Kitaev – Master Coach
2012 Olympic Head Wrestling Coach
Belarussian Olympic Freestyle Team

Club Director – Brian Church
bchurch@columbuswrestlingclub.org
(614) 496-6369

Columbus Wrestling Club

Fall Program

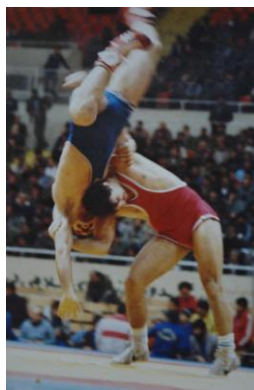
August 1st - October 31st

Practice times are 6:30pm to 8:00pm

Mondays & Thursdays
Worthington Kilbourne H.S.
Wrestling room
4900 Hard Rd. Columbus, Ohio
43235

Wednesdays
Columbus North Health Club
888 E. Dublin Granville Rd.
Columbus Ohio 43229

Sign Up @ First Practice you attend.
Scholarships and sibling discounts available



Sergei Kitaev
2X National USSR Champion
Former Olympic Head Wrestling Coach

Registration Information:

Name: _____

Age: _____ Weight: _____

Address: _____

City / Zip _____

Parent(s): _____

Phone #1: (____) _____ (Wrestler)

Phone #2: (____) _____ (parent)

Phone #3: (____) _____ (parent)

Email #1: _____

Emergency Contact Information:

Name: _____

Phone: (____) _____

Relationship to Wrestler: _____

Waiver and Release of Liability:

In registering for the Columbus Wrestling Club, I hereby for myself, my heirs, administrators, and assigns waive and release any and all rights and claims for damages I may have against the Columbus Wrestling Club, Worthington City Schools, Columbus Sports North and any sponsoring organizations, or their representatives, successors and assigns, arising out of any and all injuries suffered while participating in the Columbus Wrestling Club (CWC).

Parent and/or guardian agree to indemnify and hold harmless the Columbus Wrestling Club, Worthington City Schools, Columbus Sports North and any sponsoring organizations, represent successors, and assigns, for any and all damages from injury received by the minor while participating in the Columbus Wrestling Club (CWC).

Athlete Signature

Parent or Guardian Signature