



Colonel Wrestling Club

USA wrestling

The Colonel Wrestling Club is open to all 3rd through 8th grades boys who must belong to a parish in the Diocese of Covington. All wrestlers can compete in Youth Wrestling and the 5th through 8th grade can also compete on the Middle School level. We are committed to develop wrestlers that will compete at CovCath High School for state championships.

No experience is needed. There are no try-outs, everyone makes the team and everyone competes.

- Youth wrestlers will wrestle kids their age, weight, and experience levels.
- Middle school wrestlers will wrestle based on standard Middle School weight classes ranging from 70 to 230 pounds.
- Fees are \$125 per wrestler, it covers practice facility rental, USA Wrestlers membership, and insurance. (More details at our parent's meeting when practice starts)
- Competition events have fees per wrestler that range from +/- \$15
- You will be responsible for purchasing wrestling shoes, head gear, warm-ups (minimum of shorts & t-shirt), and a singlet (wrestling uniform). Additional logo wear will be available and will be covered in the parent's meeting. We have a store front on www.barbarian

When and Where?

- At the first practice we will need a physical and registration form completed for your wrestler from your doctor. The registration can be found on the CovCath Youth Webpage
- Practices will be in the CovCath Schott Building (the building at the end of the football field)
- Youth will practice 2 nights a week - Tuesday and Thursday
- Middle School will practice 3 nights a week – Monday, Wednesday, and Thursday
 - All practices will be from 6:00 pm to 8pm in the Schott Building
- Practices will start
 - Middle School on October 23, 2023
 - Youth on November 2, 2023
- Competition is typically held on Saturdays for Middle School and Sunday for Youth.
- Parent's Informational meeting Thursday, November 2, 2023 in the Schott Building @ 6:30pm

Wrestling complements other sports well and all wrestlers get to compete! And because wrestlers are matched up by size, wrestling is perfect for students of any size.

Please email Jim Hummeldorf, Club Director, if you have any questions prior to the first practice. You can contact any coach for more information.

Colonel Wrestling Club

Director Jim Hummeldorf

james.hummeldorf@gmail.com 859.638.5840 Mobile

Coach Justin Black-Youth Director

jblack.black@gmail.com

Coach Dan Branch-MS Director

danielbranch28@gmail.com

Coach Matt Rohling-MS & Youth

merohling@icloud.com