



Colonel Youth Wrestling

USA wrestling

The Colonel Youth 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 6th 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 \$150 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 +/- \$20
- 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.com **OPEN FROM Oct. 13th to Oct. 24th**

When and Where?

- Before the first practice we will need the Registration, KHSAA Physical, and Release form:
 - <https://www.covcath.org/future-colonels/colonel-youth-wrestling-club-cwc.cfm>
- 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 **6:30 pm to 8:00 pm in the Schott Building**
- **Practices will start:**
 - Middle School on October 15, 2025 – 6th – 8th grade
 - Youth on October 20, 2025 – 3rd – 5th grade
- Competition is typically held on Saturdays for Middle School and Sunday for Youth.
- **Parent's Informational meeting Monday, October 20, 2025**, 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 james.hummeldorf@gmail.com 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 (m)
Coach Dan Branch-MS Director	danielbranch28@gmail.com	859.322.4822 (m)
Coach Matt Rohling-MS & Youth	merohling@icloud.com	859.739.1526 (m)
Coach Joe Yates – MS & Youth	Yatessweep@gmail.com	859-814-3117 (m)