

## **THE SEASON IS HERE!**

### What to bring:

Your child will need the following items for each practice.

- Wrestling shoes
- Headgear
- Shorts or sweatpants and a T-shirt
- A bottle of water is recommended

Make sure your child arrives at practice will enough time to put on his/her wrestling shoes in the wrestling room. No one is to arrive already wearing their wrestling shoes.

### What first time wrestling parents should expect from wrestling:

I recently met with an old friend of mine. He is a graduate of Sparta High School where he competed in football, wrestling, and track. He graduated from Lehigh University and was named Division III Defensive player of the year in football. While we were talking he stated "You getting me into wrestling was the best thing that ever happened to me". He continued to say how wrestling not only helped him on the football field physically, but mentally, and helped him in all aspects of life. He said you cannot put a price on the experience gained from going one on one in front of all those people. Wrestling is a sport where your child will learn a certain level of independence. Because of the characteristics specific to the sport of wrestling, young athletes develop persistence and additional skills that carry over into their other sports and all areas of life. Wrestling teaches personal accountability. There is little room for blame when you are the lone person on the mat. This can be intimidating at first, but over time becomes extremely beneficial. The confidence that is not there at first begins to flourish in time. Challenges and risks which require them to stand alone are not as daunting. Our coaches have the knowledge and experience to make your child not only a better wrestler, but to make sure they reap all the benefits wrestling has to offer.

Parents will NOT be allowed in the wrestling room during practice. During your child's first few practices there will be an exception made so parents can see that our coaches are competent and have their children's best interests in mind. Parents cause a distraction in the room no matter how "quiet" they claim they will be. Only coaches will be allowed in room. Due to the number of coaches we already have on our staff, only parents with a background in wrestling will be considered to join our staff. If a coach tends to only stay in the area around his child he will be warned, and subsequently asked to leave. We are looking for unselfish individuals only with the entire team's wellbeing in mind, not just their own child's.

Our coaches are here for two reasons. To teach your child the sport of wrestling and to try and make it the best experience possible. During practice times we need to focus on teaching the children, not dealing with other issues. Any questions, comments, or complaints should be given to a board member. That board member will then talk to a coach after practice or at another time. We ask that you are understanding of these rules and trust our coaches.