



Shakopee Mat Club

Welcome all Parents and Wrestlers!

At the Parent Meeting we talked briefly about the primary goals of the program. They are to teach the life skills of **teamwork**, **sportsmanship**, and **perseverance** and develop each Wrestler to their full potential, while having some fun in the process.

Although there are, undoubtedly, other ways to obtain life skills, the sport of Wrestling provides an excellent platform from which to teach them. This is a “time tested” formula, which can help young kids grow up to be good, productive, hard working adults. As with any worthwhile endeavor, it requires the commitment, time, and patience of both the parents and participants to be effective. It is not something that happens over night, rather requires many years to develop.

This week, we will focus on the Wrestlers responsibilities in the practice room:

Safety- A padded room is, generally speaking, a safe environment for the kids to get some winter exercise...better than Moms' living room!



Here are some other safety tips:

- Do not tackle your buddy from behind when they aren't expecting it. And yes, they are **never** expecting it.
- Hanging upside down from the pull-up bars may cause heart failure...in Parents.
- Unidentified flying objects may cause injury (throwing dodge balls is okay).
- Using your new wrestling moves on your classmates at school is NOT cool.
- Using them on your little sister will likely make her very angry!
- The head gear works best when it's worn...on the head.



Respect-

- For fellow teammates. **Do unto others...**
- For fellow Parents.
- For Coaches, Team Technicians and Board Members.



Responsibility- ALWAYS try to do your very best. This is all WE will ever ask of the Wrestlers, and this is all they should ever ask of themselves. Pay attention at practice. This means not talking while the Coaches are talking...This is a “**biggie**”...not to mention, integral to being a good Team Member. Lastly, work hard and have fun!!!

This is the same “SRR” used in our school system, so it should be familiar!