

Chatham Youth  
Wrestling Club



2007 – 2008 Season  
Parent's Guide

## Welcome to the Chatham Youth Wrestling Club !

Dear Parents and Athletes:

Welcome to the Chatham Youth Wrestling Club's 2007 – 08 Wrestling season. Our goal is to make your child's experience a positive and rewarding one that the whole family can share. There is much more to our program than just wrestling. Your child will learn about **good sportsmanship**, about **setting goals** as well as the **value of hard work and discipline**. Your child will develop self-confidence, make some new friends and learn a little about life outside of home and school.

As before, we will be participating in the North Jersey Youth Wrestling League for experienced wrestlers and the King of the Mat program for clinic (novice or inexperienced) wrestlers. Our season traditionally runs from November through February. We also run Open Mats sessions once a week in the pre-season to correspond with sign-ups and the spring for those athletes that want to participate in the State tournaments in March and in spring freestyle/greco-roman (Olympic styles) tournaments.

Our program has grown rapidly in the past few years and we expect to have over 100 children participating in are program this year. We are very excited about several changes to our program. We have worked a great deal with the KOM league to institute a JV division this year for those children that are no longer novices but are not old enough or developed enough to make our varsity line-up. We will also host the KOM JV Tournament on Sunday, February 3<sup>rd</sup> at Chatham HS in addition to our 3<sup>rd</sup> annual Chatham Holiday Novice Tournament on Sunday, December 16<sup>th</sup>. Last year, we had nearly 400 children participate in our novice tournament. Finally, we continue to work with Chatham Township and the Chatham Athletic Foundation in the creation of the Multi-Purpose Room at the Mountainview Gym. This will give us a practice facility that is cleaner and safer in addition to giving us more practice scheduling flexibility.

In closing, we would like to thank the athletes, parents and coaches who with their support and hard work have once again ensured the continued success and growth of our wrestling program.

If you have any concerns, questions or comments at anytime during the season, please feel free to give us a call.

Sincerely,

Frank Ryan  
President  
635-3824

Bob Davis  
Head Coach  
665-1761

John Nonnenmacher  
Clinic Program Coordinator  
701-1259

Chuck Nees  
Vice President  
701-9683

Brett Forgas  
Assistant Coach  
908-361-1808 (cell)

Bob Engel  
Treasurer  
665-1783

## About Our Club

The Chatham Youth Wrestling Club was founded in 1982 and we are now entering our 26<sup>th</sup> year. It is run independently of the Borough's and Township's Recreation Departments but is supported by them. We function as a non-profit organization and fund our activities through registration fees, fundraisers and donations.

## Volunteerism

Parent volunteers are essential to the success of our program. There will be many opportunities to help. We will be looking for team parents to assist with home matches as time/scorekeepers, set-up and clean-up and concession workers. We also need parents to assist with publicity, equipment and the end-of-season awards dinner. You can contact the Club's administration or any of the following if you wish to help:

Registration / Publicity	Bob and Jill Weber	635-7055
Equipment	Ann Ciccarelli	635-5497
Concessions	Bonnie Mulcahy	635-1828
Webmaster	Dave Lappin	701-9771
Set-up	Chris Delsandro	701-0399

## Clinic / JV/ Varsity Programs

We essentially run two programs simultaneously, a clinic program for new wrestlers and a varsity program for experienced wrestlers. They each have their own practices and distinct competitions.

### Clinic Program

The Clinic program is for new and inexperienced wrestlers. Our main goals with the clinic wrestlers are for them to have some fun and learn some offensive and defensive wrestling technique.

They practice together prior to the Varsity practice and have their own competitions. We typically practice at the beginning of the season on Tuesday and Thursday evenings from 5:30 – 7:00 and Saturday morning from 8:30 – 10:00. Starting in December, practices will be held on Tuesday and Friday evenings at the same times.

We participate in the King of the Mat (KOM) league with other Morris County clinic programs. Typically, we will get together starting in mid-December on a Saturday morning with one or

more KOM teams and try to match up each wrestler to get two matches. In summary, in November, you can expect a Tuesday/Thursday/Saturday practice schedule and then a Tuesday/Friday practice and Saturday competition schedule thereafter.

Some KOM matches are not formal matches, but informal work-outs or scrimmages to take some anxiety off of the wrestlers. We also schedule some work-outs or matches with other local clinic programs that we have developed relationships over the years. Finally, there are two end-of-season tournaments, one with KOM and the other with North Jersey, where every participant receives a medal as a sign of the year's accomplishments.

Competition is an integral part of your child's experience, but is not the most important part by any means. Competing against other inexperienced wrestlers changes the routines of practice and allows them to test what they have learned. Competition is not required of any child, but almost all children compete throughout the season. Occasionally, a new wrestler may feel overwhelmed and may want to just participate in practices and watch their friends at matches. If your child feels this way, please talk to the coaches about this if they haven't already spoken to you.

When your child does compete, be assured that the coaches spend a great deal of time matching up the wrestlers based upon many factors, including amount of experience, age, weight and the coaches' perception of their ability. Every coach is trying to avoid mismatches so that the children don't end up with an extremely negative experience and decide to leave the sport. This may mean that if your child is at the extremes (for example, your child is very light or is big, or is very young or older compared to most clinic wrestlers), he may not always get matches when we get together with another town's program.

## **JV / Varsity Program**

The JV / Varsity program is run separately from the Clinic program for both practices and competition. The main goals for the JV / Varsity program are for the children to have a positive and fun experience and improve their wrestling technique as they advance in the sport and prepare for high school competition. At the beginning of the season, we have practice from 7:00 – 8:30 on Tuesday and Thursday nights and 10:00 – 11:30 on Saturday mornings.

We participate in the North Jersey Youth Wrestling League which is primarily a Morris County league. Matches are typically on Thursday nights starting at the beginning of December and are run as a dual meet similar to what is done in high school and college. In a dual meet, each team sends out a wrestler for each weight class and the results of the individual weight class matches result in team points for the meet. Weight classes run from 55 lbs. to 147 lbs. and Heavyweight (up to 165 lbs.). There are also optional 50 lbs. and Super-heavyweight classes as well.

Once our dual meet schedule starts, we will typically practice on Monday nights from 6:00 to 8:00 and Tuesday followed by the match on Thursday. We also have practice on Friday nights, following the clinic practice, from 7:00 – 8:30. Usually there is not a Saturday practice for the Varsity kids because of the KOM matches for the clinic and JV kids.

This year, the KOM will institute a JV division which will compete on Saturday mornings following the KOM novice matches. This division was created to give children that are no longer novices but are not able to make the varsity line-up a greater opportunity to find matches.

In order for a child to make the varsity line-up, we hold wrestle-offs (matches) for each weight class. When a child wins their wrestle-off(s), we like to guarantee them at least the next two Varsity matches (not counting forfeits received) before they can be challenged again for the spot. Challenges can be made at the next available practice, but scheduling issues such as rescheduled matches from cancellations, etc. may not allow for a wrestle-off until the following week.

If a child misses practices for reasons other than illness or injury, they may lose their spot in the varsity line-up for the next match if there is another child in their weight class that has attended the practices. If a child attends practice, works hard and improves, they consequently may earn a varsity spot as the year progresses and they get opportunities to wrestle-off against other children that they may have lost to in earlier wrestle-offs.

Parents should also realize that winning a varsity spot may not guarantee their child a match at every dual meet. The opposing team may forfeit the weight and we may not know of this intention until the time that your child steps on the mat for that weight class. In addition, coaches will often move kids from one weight class to another in order to obtain better match-ups for the team scoring of the dual meet. This may result in a JV wrestler being inserted at one weight and the regular varsity participant bumped up to the next weight, pushing out the varsity wrestler at that next weight class.

Even if an experienced wrestler is not in the Varsity line-up, they have many opportunities to compete. The KOM program is designed for both the novice (first and second-year) clinic wrestlers and for the JV kids as well so the JV kids will typically have matches on Saturday. We like to bring every wrestler with us to the varsity matches and encourage the other teams to do the same. We will then try to set up exhibition matches so that these children can gain more experience for when they are in the varsity line-up. Before each dual, we speak with the opposing coaches to find out about the composition of their JV squads. If it looks unlikely that your child will have an exhibition match at the varsity dual and we do not need your child for any of the line-up switches, we will let you know so that unnecessary travel is avoided as much as possible. We still encourage every JV wrestler to go to the matches since watching superior wrestlers is a great way to learn.

At the end of the year, there are a series of tournaments for the experienced wrestlers. North Jersey runs two tournaments, a Varsity and a JV tournament.

### **Practices / Attire / Equipment**

All practices will be held in the Chatham Twp. Municipal Building gym. In the event of a school closing or early dismissal, all school activities are cancelled and we must cancel any practices or matches as well. Wrestlers should complete their homework prior to coming to practice. It is

very difficult to have children get to bed at a reasonable hour if they need to complete homework after practice in addition to eating and showering.

Our practice time is limited, so it is extremely important that wrestlers are at practice and ready to go on time. You should prepare yourself to arrive at least 15 minutes before practice begins so that your child can unbundle from their winter clothes, change sneakers and be ready to go when practice is supposed to start. Being socially late for practice hurts your child's and the team's learning experience.

Our practices are structured to include warm-up, stretching, movement drills, instruction, drilling (practicing moves), live wrestling and conditioning drills. They are structured differently than a high school or college practice because of our time limitations and the nature of wrestling at this level. High school and collegiate wrestling matches require more conditioning because it is a much more physical activity than at the junior level and the matches are longer. High school and collegiate wrestlers are obviously more physically mature and have a greater level of experience. This all necessitates their practices having a greater component of live wrestling (the best conditioning experience) and conditioning drills.

Our practices, however, will have a greater portion of it dedicated to instruction and drilling. This is due to our shorter matches, the less physical nature of junior wrestling and need for junior wrestlers to expand their knowledge and capabilities in offensive and defensive techniques. In addition, we are also restricted by the number of practices we have and the length of practice. Conditioning is a more important issue for our wrestlers when they compete in tournaments, especially at the state tournament at the end of the year. The coaches cannot accomplish everything in three practices of 1½ hours per week. If a wrestler believes they need more work outside of practice, then it is upon them to do it. We feel that the greater focus on teaching is the best way to help insure that your child has a positive experience and gives them the best chance to win more matches.

The schedule for our clinic wrestlers is similar to other clinic programs with 2 practices and a competition per week. However, due to facility constraints, our schedule for our varsity wrestlers is less than optimal. We are able to have 3 practices and one competition a week. Most of the programs that we compete against practice at least 3 – 5 times a week and have the ability for further competition beyond our North Jersey League schedule through middle school programs or participation in the Tri-County League. It is especially critical for our middle school age children to find additional mat time through clubs and tournaments not only for their current development but also to prepare them for practice and competition schedule that they will experience in high school.

For practice, wrestlers should wear a t-shirt, shorts, socks and wrestling sneakers. No clothing with zippers. Wrestling sneakers should not be worn outside of the gym. They are not made for the wear and tear of everyday use and if they are worn outside, they can bring various skin diseases such as ringworm and impetigo onto the mat. If a wrestler contracts one of these skin diseases, they are unable to practice or compete until cleared by a physician. Children with braces must wear a mouth-guard as well.

We are able to loan out wrestling sneakers to many of the new wrestlers on a first-come, first-serve basis. **Headgear is mandatory** for practices and matches and may be borrowed for the season as well. If you are interested in borrowing wrestling sneakers and/or headgear, please come a little early to the clinic practice and see one of the coaches. Equipment is also available at local sporting goods stores, including Chatham Sports, for purchase if you choose to do so. Team sweats are optional and will be made available for purchase during registration and the beginning of the practice season in November. The wrestlers will be wearing singlets for all matches and will be distributed in early December (a deposit is required) and returned at the end of the season. Every wrestler will receive a Chatham Wrestling t-shirt and shorts as well.

## **Communication**

The Club also maintains a web site at [www.leaguelineup.com/chatham-youth-wrestling](http://www.leaguelineup.com/chatham-youth-wrestling). On the site, we have pictures and write-ups from the children's competitions. You will also find a calendar for all practices and matches. Prior to the beginning of each month, we place an up-to-date calendar on the site. It will contain practice times as well as our competition schedule, including time and place to meet for caravans to away competitions. We don't plan on placing driving directions on the site because the locations are often times changed. We will continue to hand out driving directions for away competitions at the last practice before the competition.

If there are any changes to the calendar, we will generally e-mail the information to you. If there is a last minute change, you will receive a phone call.

If your child is going to miss practice or a competition, please call the coaches as soon as possible. You can reach Bob Davis for the Varsity wrestlers at 665-1761 and Brett Forgas at 908-361-1808 (cell) for the clinic wrestlers.

## **The Sport of Wrestling**

The sport of wrestling is one of oldest sports, dating back to the caves in the Stone Age, and was one of the first Olympic sports. Amateur wrestling is nothing like Professional Wrestling seen on TV and it is not fighting. There is no hitting, kicking, biting or choking an opponent. Wrestling is about strategy, speed and strength, not harming someone.

The goal of wrestling is to pin your opponent within a circle marked out on a mat. A pin, also called a fall, is holding your opponent's shoulder blades to the mat for 2 seconds. Wrestlers compete in bouts, or matches, and are scored by points. The point system is set up to encourage the wrestler to be offensive and go for the pin. If one wrestler pins his opponents shoulders to the mat, he will win the bout right away, regardless of what points have been scored to that point (this is similar to the knock-out in boxing: if the boxer knocks out his opponent, the score up to that point doesn't matter). If no pin occurs during a match, the wrestler with the most points wins.

Matches are very quick and exciting. Wrestlers compete for 3 periods. For the clinic wrestlers, the periods are 1 minute each. For the Varsity wrestlers, the periods are 1 minute, 1 ½ minutes, 1

½ minutes. There are many different styles, or types, of wrestling. We wrestle a style known as scholastic, or collegiate. The Olympic styles include freestyle and greco-roman. Freestyle is similar to scholastic, but places more emphasis on wrestling from a neutral position where both wrestlers are on their feet and are attempting to take down their opponent and allows for scoring points for exposing your opponent's back to the mat even if you do not have control of them. Greco-Roman wrestling prohibits attacking your opponent's legs or using your legs to score points. It is much more about using your upper body to try to throw your opponent.

There is no one formula or body type for wrestling. Success requires many things, including knowledge of technique, quickness, athleticism, conditioning, strength and mental toughness. In addition, there is no one set to technique for wrestlers to be successful. Different wrestlers have different body types and abilities, and each one has to find the technique that works best for them.

Wrestling has many parallels to life. It teaches you about setting goals, the value of hard work and discipline, about perseverance and about sportsmanship. It is clearly one sport that allows an athlete with a desire to work hard the ability to achieve great things. A coach cannot teach every kid to dunk a basketball and run the 100 meters in 10 seconds, but if a kid is willing to work hard, no goal is out of reach. There have been past Olympic Champions (John Peterson) and a recent Olympic Silver Medalist (Jamill Kelly) that competed in Athens that never placed in the collegiate nationals. There was a NJ state high school champion a few years ago from Mendham that never came close to qualifying for the State tournament the year before.

Wrestlers understand sportsmanship, respect for your opponent, individual accountability and how to handle defeat (work harder so it doesn't happen again!).

### **Individual Match Scoring**

As mentioned earlier, the goal of wrestling is to pin your opponent's shoulder blades to the mat for 2 seconds. If a pin (fall) occurs, the match is over regardless of the score to that point. If no pin occurs, the wrestler with the most points wins.

Each bout consists of three periods. At the start of the bout, each wrestler will start in the "neutral" position, on their feet at the center of the mat. They will attempt takedowns, bringing the other wrestler down to the mat in a controlled position.

At the beginning of the second period, one wrestler will receive "choice". In a dual meet, the teams alternate having choice. In a tournament, the referee will flip a disc to determine choice. The wrestler with choice can choose to start on bottom, on top, in the neutral position or can defer his choice until the third period. Their decision will be based upon their relative strengths in the different starting positions, the relative strengths of their opponent and strategic considerations. Most wrestlers will defer choice until the third period for strategic reasons, wanting choice for their advantage in the last period.

If a match is tied after 3 periods, the bout goes to overtime. The wrestlers will start in the neutral position and have 1 minute to take their opponent down. Whichever wrestler scores a takedown wins. If neither wrestler scores a takedown, another overtime period called the “ride-out” takes place. The wrestler who scored the first offensive point gets choice of top or bottom. If the bottom wrestler can escape within 30 seconds, they win. If the top wrestler is able to ride out the other wrestler for the 30 seconds, they win.

Time runs for each period when wrestling is taking place. The clock stops when the wrestlers go out of bounds or the referee whistles for a stoppage. If a wrestler is bleeding (for instance, from a scratch or bloody nose), the match is stopped until the bleeding is stopped and both the wrestler and mat is cleaned up. There is no time limit on “blood time”. If a wrestler is injured, an injury time-out is called. Total injury time for a match is 1 ½ minutes. At the end of the first injury time-out, wrestling continues with the wrestlers in the same starting positions as they were before the time-out. If they were neutral, they start in the neutral position. If one wrestler was in control, they start back on the mat with one wrestler in the bottom defensive position with their knees and hands on the mat and the other wrestler starting behind them. If there is a second (or more) injury time-out, the other wrestler receives choice of starting position. If a wrestler runs out of injury time and is unable to continue, they lose the bout by injury default.

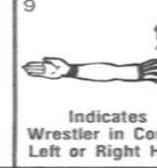
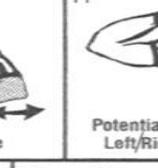
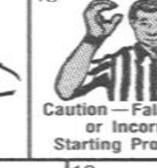
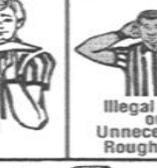
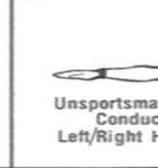
Wrestlers can score points in many ways but the scoring is skewed to promote offensive, aggressive wrestling. Takedowns are worth 2 points. If a wrestler on bottom “escapes” the control of their opponent and gets back to a neutral position, they receive one point. If the bottom wrestler is able to switch positions with their opponent and gain control, they will receive two points for a “reversal”. If a wrestler in control, exposes his opponents back to the mat (one part of his back is pressed to the mat but the other is not) for at least 2 seconds, they will receive 2 points for the “near fall”. If they are able to hold them their for at least 5 seconds, they will instead receive 3 points for the near fall. Points can also be awarded for rules violations. This could include “stalling” where the referee believes that the other wrestler is not being aggressive or has committed a technical violation or an illegal move that would endanger the wrestler. It could also include unnecessary roughness or unsportsmanlike conduct.

A point about referees is important. Referees are people who love our sport and are trying to help out. Their first responsibility is the safety of the wrestlers and then to manage the match, awarding points when they believe they have been earned. Any screaming at referees is completely unwarranted and they have the authority to stop a match and have people removed from the gym. Complaining that a referee cost your child a match is the wrong lesson to teach your child. If a child loses a match, it’s not the coach’s fault, it’s not the referee’s fault. Tell your child it should not have been left in the hands of the referee. Work harder so it won’t happen again.



# OFFICIALS' WRESTLING SIGNALS HIGH SCHOOL AND COLLEGE



1  Stopping the Match	2  Time Out	3  Start Injury Clock	4  Start Blood Clock	5  Stop Blood/Injury Clock
6  Neutral Position	7  Indicates No Control	8  Out-of-Bounds	9  Indicates Wrestler in Control Left or Right Hand	
10  Defer Choice	11  Potentially Dangerous Left/Right Hand	12  Stalemate	13  Caution — False Start or Incorrect Starting Procedure	
14  Stalling Left/Right Hand	15  Interlocking Hands or Grasping Clothing	16  Reversal	17  Technical Violation	18  Illegal Hold or Unnecessary Roughness
19  Near-Fall	20  Awarding Points Left/Right Hand	21  Unsportsmanlike Conduct Left/Right Hand	22  Flagrant Misconduct Left/Right Hand	

Revised 2003

## Dual Meet Team Scoring

Dual meets start at the lowest weight and continue up to the heavyweight class. In high school and college, the meet's starting weight class is randomly selected before weigh-ins. This is done so that the outcome of close meets are not always left on the shoulders of heavyweights, but is more evenly distributed upon all members of a team throughout the season.

Prior to the start of the meet, a coin flip is done by the referee to give the team that won the toss the choice of odd or even bouts. If they choose odd, for example, they must present their wrestler on the mat first for all odd-numbered bouts (1<sup>st</sup>, 3<sup>rd</sup>, etc) and they also receive choice of positions at the beginning of the second period during that bout. In the junior level, choice is not

that critical. However, in high school can be extremely critical since coaches will move wrestlers around to gain more advantageous match-ups.

The result of each individual bout determines team points for the dual meet. At the end of the meet, the team with the most points wins. Team points are awarded as follows:

Fall, Forfeit, Disqualification, Default	6 team points
Technical Fall (winning by 15+ points)	5
Major Decision (win by 8 – 14 points)	4
Decision (win by 1 – 7 points)	3

Team points can also be deducted for unsportsmanlike conduct by the coaches or wrestlers.

### **The Development of a Wrestler**

It takes an enormous amount of courage to go out on the mat. You are alone. You win or lose by yourself. If things don't go well, you can't blame it on a teammate that missed a block or who threw a bad pass. You compete as an individual, but your development is highly reliant on the quality of your coaches and workout partners.

The first year wrestler is usually very tentative and full of fear. They are in an unfamiliar situation by themselves and they are just starting to learn the technique that they need to use, or at least be familiar with, to be successful. The coaches attempt to teach the children basic technique from each position that they can use offensively and how to counter moves that the other wrestler may try.

Experience means a great deal. The more technique they learn, the more coaches that they see and the more mat time that they see in practice and in matches, the greater their chances of winning will be. They will win more matches because of the things they do well and will lose less matches because of the mistakes that an inexperienced wrestler will make.

During the wrestlers' first year, we try to make sure that they are matched up with similar wrestlers; similar in age, weight and experience. We want the kids to have a positive experience so that they do not leave the sport. Some first year wrestlers have an unusual level of aggressiveness or feel for the sport and they can be encouraged to do more.

The more aggressive first year wrestlers and second year wrestlers can compete in novice tournaments. These are tournaments for wrestlers with limited experience that have not competed on their varsity squads and who have not placed in an open tournament.

Following the novice tournaments, there are open tournaments where experienced wrestlers can compete to improve their development. At the end of the season, there are age-level state tournaments that wrestlers can enter after placing in the top 3 at a qualifying tournament. The top wrestlers in the state can also choose to compete in national tournaments as well.

Each year has its challenges for the wrestler and their parents. The first year is usually one of trying to have some fun and trying to find a way to compete with only a very limited knowledge of the sport. The second year is often a transition year. The second-year wrestler had some level of success at the clinic level and enjoyed the experience. Some wrestlers are ready to step into the varsity line-up against more experienced wrestlers while some are best suited to stay at novice level. It takes a while for the coaches to really understand how much a child has changed competitively from the previous year. It is for this reason that we try to give each child the chance to compete in novice tournaments, KOM and JV matches where the competition is at a middle level but at the same time challenge them at times with varsity competition.

If your child finds a passion for the sport, there are many things that can be done to assist their development. Besides normal practice, many wrestlers go to a private wrestling club a few nights a week to learn from different coaches and to work out with kids from other towns. They can also compete in tournaments during the wrestling season to get more match experience. They can also continue along these lines in the off-season, going to private club practices, summer camps and off-season tournaments.

As the wrestler gets older, strength and conditioning become increasingly important. Running, alternating between distance running to build aerobic conditioning and sprints for anaerobic condition, and weight-lifting help in these areas. Young children's bodies are not ready for the pounding of distance running or the strains of intense lifting. As children approach middle-school age, running and lifting should start to be part of their training regimen. The top high school and collegiate wrestlers believe that they need 2 to 3 work-outs per day during the season. This would include daily practice with live wrestling, daily running, lifting about 3 times per week and separate drilling (practicing moves) sessions. We wouldn't recommend this level of intensity for our wrestlers because of their age, but we believe a good rule of thumb is "do something every day to make yourself better." This could include going to practice, going to club, running (alternating days between sprints or distance running not to exceed 3 miles) and high repetition lifting for our older children or sets of push-ups and sit-ups for the younger children. If you or your children have any questions, please speak with the coaching staff.

Wrestling has had issues in the past with cutting (losing) weight. Cutting weight has no place in junior wrestling. Besides health concerns with growing bodies and improper weight loss techniques, cutting weight is extremely counter-productive. Wrestlers who try to cut weight spend their practices trying to cut weight instead of trying to get better.

Collegiate and high school wrestlers have restrictions on their weight loss. They must be tested with their weight in a fully hydrated state for their body fat and are not allowed to reduce their weight beyond a point where their body fat would be below 5% for collegiate wrestlers and 7% for high school wrestlers. In addition, the pace of weight loss will be restricted at the high school level to 1.5% per week from the date of their testing. For example, a 200 pound wrestler wouldn't be allowed to drop weight at a pace greater than 3 pounds (1.5%) per week.

As a parent, you see the conflicts that exist with different sports even in their "off-season" with traveling teams, etc. It is getting increasingly difficult to be a successful three-sport athlete. Usually the athlete that specializes will likely be the one who succeeds more. You have to be

aware that this is true in our sport. The wrestler who goes to club, competes in extra tournaments both in-season and in the off-season and goes to summer camps will show more improvement than one who doesn't. This sport definitely rewards the athlete that is willing to pay the price.

### **Parental Support**

Children depend upon and learn from their parents. During the early stages of their development, they are scared. They want and need familiar faces. They want teammates, friends and especially family members at matches. They also need to be commended for their courage and for the positive things that they do, even if they don't win. Their belief systems are very fragile and need to be built by the coaches and parents.

The need for experience has to be supported by the parents. If they are late to practice, miss practice and miss matches, they will learn nothing about commitment and they are less likely to have a positive experience. Getting the children to practice, to home matches and especially away matches is not always convenient, especially when there are other siblings that have other commitments. If you show your child that commitment and hard work are important, they will learn that. Unfortunately, the opposite is true as well.

If your child expresses the desire to speed up their development, the parents are the ones that will bear the brunt by shuttling them to club, to spend long days at tournaments and driving them to summer camps. The commitment is great, but the pleasure of watching your child work towards a goal and achieving it is a great reward. The passion of competition is great in our sport and is unlike most others, because it is at an individual level. Wrestlers will always end up on their feet. They know how to dream, they know how to work hard to achieve that dream, they know how to lose as they strain to win.