



## **HERE'S WHAT I THINK EVERY PARENT SHOULD HEAR AS THEIR SON SIGNS ON TO WRESTLE:**

In many years your relationship with your son will dramatically change. Whether your son goes away to college or stays at home, your opportunities to be involved in his life will be greatly different. DON'T MISS OUT on the opportunity that wrestling presents you with.

When kids are young there are lots of ways to be involved in their school experience. As they get older, having mom or dad at school usually means there is a problem - not something positive. If your son stays in wrestling throughout his high school years, many of these boys will become his good friends. They will work out together, sweat together, travel together, have fun together, and spend a good part of their lives together. Some of them will become life-long friends. Because of the time commitment wrestling requires, as you are involved, you will

also get the opportunity to know some of these key people in your son's life.

Wrestling requires time. It involves traveling and long day tournaments. We're all

busy and you can't be at everything, but try to be there as much as possible. Sit

with other parents, ask questions and learn the sport. Work the snack bar,

encourage the coaches and the other kids. Your son may not sit with you at

tournaments, he may not come up and talk to you (except to ask for money for the

snack bar), but your son will KNOW YOU ARE THERE. In 10 years, your son

may not remember the score of every match he wrestled, but he will remember

Mom or Dad, sitting in the stands, believing in him and sharing this part of his life.

And just as important – be their biggest fan. Sometimes there will be unfair calls,

sometimes coaches will make mistakes. Help your son see this as part of life; life is

not always fair. Encourage your son, win or lose, to be a good sport. Appreciate

your son's efforts. Remember, no kid puts in the time and hard work that wrestling

requires only to stand on the mat and give up. Your son's winning or losing isn't a

reflection on his character or on your parenting. This is still a game. Be proud of

your son, win or lose. Let the coaches coach, your job is to be his parent.

We put lots of time and energy into our son's years of wrestling. It wasn't always

easy, but we met some incredible people along the way, and I don't regret one

minute of the time we invested or the memories we created.

**SO....WELCOME TO WRESTLING!**