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# Parent Responsibilities and Guidelines

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Our River Falls wrestling club could not survive and flourish without the help of our dedicated families. Our club has grown not only in number but in strength as well. We need each parent/guardian to volunteer. Wrestling is as much an individual sport as it is a family involved sport.

- 1. Be on time:** All wrestlers must be dropped off and picked up on time. Coaches need to be made aware of arrangements for each wrestler. Parents/Guardians are required to indicate where and with whom your child is to go after practices on the registration form. If a situation arises and you know you will be late, call the coach or director and leave a message. Frequent (more than 2) occurrences will result in a conference with coaches. Some of you may be aware of what Lombardi's Packers called "Lombardi Time". This meant that if he said 6:00, you had better be there and completely ready at 5:45. Practice Lombardi Time.
- 2. Do not impose your ambitions on your child:** Remember that wrestling is your child's activity. Improvements and progress occur at different rates for each individual. Do not judge your child's progress based on the performance of other athletes and do not push them based on what you think they should be doing.
- 3. Be supportive no matter what:** There is only one question to ask your child "Did you have fun". If meets and practices are not fun, your child should not be forced to participate.
- 4. Do not criticize the officials:** Whether they are hired professionals or high school volunteers at youth tournaments, they are human, the action can be really fast and some mistakes are inevitable.
- 5. Do not coach your child:** You have taken your child to a professional accredited and certified coach, do not undermine that coach by trying to coach your child on the side. Your job is to support, love and hug your child no matter what. The coach is responsible for the technical part of the job. You should not offer advice on technique or mat strategy. That is not your area. This will only serve to confuse your child and prevent that wrestler/coach bond from forming. Many "seasoned" parents have reached this point of maturity to realize (and acknowledge) that they are better fans - than they are coaches. If you trust the coach, your child will quickly follow and grow.
- 6. Get Involved:** Your club needs your help and support. Attend parent and club meetings to find out how you can help. Have positive things to say at a wrestling meet. You should either bring your ideas for change to a board member's attention or bring your concern to the next board meeting. Some of our best ideas have come from non-board members.
- 7. Be realistic but encourage high and attainable goals:** Do not expect your child to be an Olympian. There are over 142,600 athletes in USA Wrestling. There are only 21 spots available for the Olympics every four years. Your child's odds of becoming an Olympian are 1 in 6,800. Wrestling is much more than the Olympics. Learn to appreciate all that wrestling can contribute to your child's development. Spend some time setting goals with respect to the season. Make them specific and with a timetable.
- 8. Take time and be there to listen:** Truly appreciate the fact your kid looks to you for guidance and direction. Whether you realize this or not, your demeanor on the sidelines or the stands can have a dramatic impact not only on their personal performance, but their own attitude and their willingness to continue to participate in this sport. Allow them to talk. Try to encourage without criticism. Losing is never fun; however, losing then getting an earful makes a learning opportunity become an outright nightmare to a kid. Give your kid their time to reflect, space to cool down, the respect they deserve; and be there to listen.