



Parent and Wrestler Handbook 2009-2010 Season

WELCOME!

Welcome to the Capital City Wrestling Club! We are very excited that you have chosen our club for your wrestler(s). As OUR MISSION states, we strive to provide our youth of all ages, sizes, and experience levels with a positive experience in amateur wrestling. We work to teach them valuable skills important in life such as good sportsmanship, TEAMwork, discipline, work ethic, self-motivation, and confidence to be Champions in all that they do.

Please take the time to read this handbook. We think it may answer a lot of questions that you may have about our program, and wrestling in general. Additionally, please visit our website, www.capitalcitywrestling.org often – as we update this site regularly. And above all, if you have any questions, suggestions, concerns, please let us know.

Thanks for the opportunity to coach your wrestler!

OUR MISSION

The Capital City Wrestling Club is a non-profit organization whose mission is to provide our youth with a positive experience in the sport of amateur wrestling in a fun and competitive environment, and to help them become successful people, students, and athletes.

We strive to teach our wrestlers valuable skills important in life such as good sportsmanship, TEAMwork, discipline, work ethic, self-motivation, and confidence to be Champions in all that they do.

We are committed to enhancing the overall fitness level and developing the wrestling skills of all of our wrestlers, from our first year wrestlers to our most experienced wrestlers. We will offer programs for a wide variety of ages and skill levels to provide our wrestlers with the opportunity to be as good as they want to be.

OUR VALUES

1. Encourage good sportsmanship and pride in our TEAM!
2. Provide a fun environment that also challenges our wrestlers to be the best that they can be in whatever they do.
3. Positively influence character development by emphasizing good habits and attitudes.
4. Enhance the overall fitness levels of our youth by developing their strength, agility, balance, flexibility, and wrestling skills.
5. Foster a sense of personal achievement by helping wrestlers set goals and work towards meeting these goals.
6. Prepare our wrestlers to become more competitive as they mature, and provide them the skills to succeed on the local, state, and national level.
7. Provide qualified adult leadership and a safe and healthy environment for our TEAM.
8. Provide coaches who have been successful at a state, national, and international level, and who volunteer their time to develop our youth of all ages.
9. Provide an atmosphere that encourages parent/family involvement in the club.
10. Be Champions in all that we do!

“We are what we repeatedly do. Excellence, then, is not an act but a habit.”

-Aristotle

GENERAL COMMUNICATION

Capital City Wrestling Club Website

Our main source of general communication will be our website and regular email updates sent by Coach Cesari. Please bookmark www.capitalcitywrestling.org and visit our site regularly. We typically update the CALENDAR and COMING SOON... sections of the website each Sunday evening with upcoming events. This will include club events, any changes to practice schedules, club competitions, opportunities to watch local high school wrestling matches and tournaments, and opportunities to watch local college wrestling matches. We have some scheduled events for the season, but typically add events as we go through our season.

General Information and Club Updates

We will provide you and your wrestler with general information and updates during the last 5 minutes of each practice, and will send you an e-mail with the subject line, “**CCWC Weekly Update**” each Sunday night to the primary e-mail address you provided us on your registration form.

If you have specific questions, concerns, or suggestions, please email them to Coach Cesari at jcesari@capitalcitywrestling.org, or contact him at (919) 848-3276. In the event that a practice has to be cancelled ahead of time, we will post the cancellation in the **CALENDAR and COMING SOON...** sections of the website, and give you several days notice via e-mail. If we have to cancel practice unexpectedly, we will contact you at your “**EMERGENCY CONTACT**” phone number on your registration form and post a notice on the door at the club.

ELEMENTARY /MIDDLE SCHOOL PROGRAM OVERVIEW

This wrestling program is designed for elementary and middle school wrestlers in grades K-8, and will run from Monday, November 2, 2009 through Friday, March 5, 2010. This year, we will have 3 levels of instruction to meet the needs of our wrestlers based on their experience:

Level I (THUNDER!) will focus on first year wrestlers of all ages. This instruction will focus on building the fundamentals of wrestling position, and basic technique. This group will practice on **Sundays from 2 PM to 3:30 PM**. We will have several events throughout the season for our first year wrestlers to compete with wrestlers of similar experience from other local clubs. Note that as our season progresses, coaches may recommend wrestlers moving to a different level based on their progression of learning the techniques.

Level II (LIGHTNING!) will be geared to wrestlers with 1-2 years of experience in grades 1-4. This instruction will focus on advancing the skills of wrestlers who have learned key fundamentals and will move at a faster pace than Level I. This group will practice on **Mondays and Wednesdays from 6PM to 7PM**. We will gear this level of instruction to prepare our elementary wrestlers for tournament competition.

Level III (STORM!) will be geared to wrestlers with more than 2 years of experience and middle school wrestlers in grades 5-8. This instruction will focus on more intense drilling of technique at a faster pace than Levels I and II. This group will practice on **Mondays and Wednesdays from 7:15 to 8:30 and Fridays from 6:30 to 8PM**. We will gear this level of instruction to prepare

our middle school wrestlers for tournament competition and begin to prepare them for future wrestling at the high school level.

Also, throughout the season, we will offer open mat time, either on a Tuesday or Thursday from 6 PM-7PM or on a Sunday afternoon before or after our THUNDER practice. We will schedule the open mat time each week throughout the season.

Practices usually start with drills designed to warm wrestlers up and improve their strength, agility, and flexibility. We will work on drills that wrestlers can do on their own to improve their overall fitness level such as push-ups, sit-ups, squats, power jumps, and jumping rope to name a few. We encourage our wrestlers to do these drills at home every day (with parents, of course!) to improve their overall fitness. They will learn our 20-20-20 drill that they can use each day.

Each practice, we will provide instructional time to teach wrestlers new moves and give them the opportunity to drill the moves and wrestle live with each other to apply what they learn. We match wrestlers up based on age, size, and experience. We play a number of games during practice to keep the FUN in wrestling!

In addition to practices, we will have arranged competitions with other local clubs through the Triangle Wrestling Union. We will provide you with a TEAM calendar with a schedule of events for the year. As our wrestlers develop their skills, there are opportunities for them to attend tournaments at the local, state, regional, and national level. For our most experienced wrestlers, there will be opportunities to wrestle off for spots on a traveling dual meet team made up of wrestlers from local clubs.

We will plan to attend local high school and college wrestling matches and tournaments as a TEAM, where we sit together and watch some older wrestlers compete to show our young wrestlers what they can achieve with hard work. We would also like to do some type of non-wrestling activity with our team to promote our vision of TEAMwork, such as a community service activity. **If you have any ideas for a community outreach project that we can do as a TEAM, please let us know.** We look to you, our members, to help us identify, plan, and participate in these events not only as wrestlers, but as families.

WRESTLING EQUIPMENT

Clothing

Wrestlers should wear shorts without zippers or pockets and a T-shirt to practice. Note that each wrestler will receive a TITANS T-shirt with a paid registration fee. Sweatpants are acceptable, as long as they don't have zippers or pockets. Long sleeve T-shirts or compression shirts are also acceptable, while hooded sweatshirts are not since they could lead to injury. To protect all of our wrestlers, we won't allow a wrestler with clothing that has hoods, zippers or pockets to practice with other wrestlers.

Wrestling Headgears

Wrestling headgears are **MANDATORY** to promote an atmosphere of safety and protect our wrestlers from getting cauliflower ears, a very painful injury caused by not wearing headgears. We want our

wrestlers to learn good safety habits at a young age. You may purchase a quality headgear from our club at affordable prices thanks to support from ASICS.

Wrestling Shoes

Wrestling shoes are **REQUIRED** to help us maintain clean mats, greatly reducing the chance for skin infections, and protect the mats that we practice on. We require our wrestlers to wear athletic shoes to practice, and change into wrestling shoes before coming on our mats. This helps us maintain clean mats and greatly reduce the chance for skin infections. With our new facility, we have options to do outdoor drills, exercises, and conditioning drills, so we need our wrestlers to be prepared to change shoes for outdoor drills.

We will take orders for ASICS wrestling shoes through October 23, 2009. Note that we are able to provide these at affordable prices thanks to support from ASICS. We ask anyone who has grown out of their wrestling shoes to consider donating them to the club so we can begin to establish a stock of used shoes that we can resell to members for \$5.

Mouth Guards

Mouth guards are optional, but recommended for wrestlers who have their permanent teeth. If a wrestler has braces, or other dental appliances, a mouth guard covering all appliances is **MANDATORY**. This is a rule established for high school wrestlers, and these will be mandatory for any competitions. These can be purchased at sports stores, or through your orthodontist for those with braces.

Knee Pads

Knee pads are optional, and we will take orders for quality knee pads at affordable prices thanks to support from ASICS.

Other Wrestling Gear

We have a stock of other TITANS equipment, and will be taking orders for wrestling singlets, hoods, and mesh shorts during the first few weeks of practice.

HEALTH AND HYGIENE GUIDELINES

Perhaps you've read the headlines... Competitive, contact sports in recent years have had outbreaks of skin diseases occurring, generally borne from hot, humid or damp, surface conditions. Sound like a football locker room? Or, a wrestling mat? Well, it is. So serious is the management of skin diseases, many of which are contagious, that all states mandate skin checks of wrestlers before competing.

What's the good news? Well, as the Dr. says an ounce of prevention is worth a pound of cure. Good sanitary practices such as showering immediately after practice, laundering practice clothes, wearing clean shoes on the mats, maintaining good body hygiene, and ensuring mats are disinfected before and after practice go a long way to heading off any potential skin or infectious conditions. And we take skin hygiene and mat safety very seriously.

We take every precaution at our club to minimize the risk of skin infections for our athletes. We clean our mats before and after every practice with a disinfectant/sanitizer that is formulated to kill organisms that cause skin infections. We will also perform regular skin/finger nail checks as is done at competitions to ensure the safety of our wrestlers. Keeping our children healthy by avoiding skin infections is a **shared**

responsibility of every coach, parent, and athlete. Research has shown that the following practices are keys to minimizing the risk of skin infections. Although we have modified these to be specific to wrestling, they can apply to any sport that your child participates in.

Wear clean shoes on the mats. We REQUIRE wrestling shoes while on the mats to ensure the safety of our wrestlers. Prior to the wrestlers entering the wrestling room for practice, their shoe soles need to be clean. The easiest way to accomplish this is by bringing a different pair of shoes to wear on the wrestling mat. **Don't** wear your wrestling shoes outside. As a matter of safety to all our wrestlers, we will not allow wrestlers to practice with shoes worn outside, or with bare feet or socks only.

Wash your hands, Wash your hands, Wash your hands! Research has shown that one of the most effective ways to prevent the spread of infections is to **WASH YOUR HANDS**. Clean hands often with soap and water. Use alcohol hand rub if soap is not available. When we take a break and wrestlers use the restroom, we emphasize that they wash their hands before returning to the mats. We encourage wrestlers to wash their hands before and after practice.

Keep cuts and scrapes, no matter how small, clean and covered. We have a first aid kit to treat small injuries that occur in practice. If your child has cuts/scrapes, please be sure they are clean and covered prior to coming to practice. **Keep fingernails clipped short to prevent scratching other wrestlers.**

Showers should be taken immediately following all practices and competitions. Taking a shower must be the first thing an athlete does when they get home. Use of a shower mesh or wash cloth in conjunction with an antibacterial soap/cleanser is strongly recommended.

Clean your clothes and equipment. Clothes and towels taken home for laundering should be placed in disposable, plastic bags, never directly into a gym bag. This helps prevent germs from being transferred to the inside of the gym bag. Put your clothes directly into the washer, and don't leave them lying around for an extended period of time. Wipe your headgear off with an alcohol wipe after each practice. Be sure to wash knee pads after every use. **Do not share towels.**

Have your wrestler perform regular skin checks. If you or they notice any lesion, sore, or rash on their skin, especially if it is red, swollen, or draining fluid, notify Coach Cesari, and contact your health care provider for diagnosis and treatment.

WRESTLING COMPETITIONS

We will have a number of different competitions available for our wrestlers of all experience and ability levels, and our philosophy on competitions is as follows:

First, the most important element is to ensure that your wrestler is ready for competitive wrestling. It is a big step for youth wrestlers to cross over the line onto a mat and face another opponent and in some respects their own fears. They do realize that they are alone on the mat, and that is a big step! Our coaches recognize that and so we will evaluate each of our wrestlers to establish whether they are ready for a competitive setting. Each child is certainly different, but certain characteristics do play a part. Self-confidence, mastery of technique to an acceptable level, physical development in terms of strength, balance, hand-eye coordination, gross and fine motor skills are all aspects to be evaluated. Generally, we recommend the following:

- Year 1: Triangle Wrestling Union (TWU) scrimmages and rookie tournaments
- Year 2: Local and regional AAU or USA Wrestling registered tournaments
- Year 3+: Depending on ability and interest, we may recommend tournaments of a larger regional and potentially national scope. Try out for the TWU traveling team.

In youth wrestling there is no bench or sideline and every wrestler gets an equal opportunity to participate and compete. When a wrestler steps on the line to start a match they instantly become the quarterback, pitcher, shooting guard, and in some respects their own coach. A victory becomes theirs to cherish as they earned it, but a loss is equally theirs and the lessons they learn here are the keys to becoming a Champion in wrestling and in life.

Sometimes the bigger test will be when they fall short of reaching a goal and rather they accept that or recommit themselves to come back better and stronger in the pursuit of that goal afterwards. We feel it is the latter trait that truly makes a good wrestler and a true "Champion". As Dan Gable has said about wrestling, "What is good about wrestling is it teaches us about life. In wrestling you have to learn to stay off of your back and in life there will continually be times when you feel you are about to be pinned."

For parents, particularly in competitive situations where it is easy to get overly consumed by your child's successes or failure, please remember that our wrestlers:

Come In Large Numbers
In Many Shapes, Ages and Size
Sometimes They Shoot
Sometimes They Fall
But More Often than Not
They Shine
They Are Stars...

As far as competitions this season, we will announce competitions, tournaments, and other events well in advance and we will have the season's schedule posted on the website for easy reference.

OUR COACHES

COACH JOE CESARI, PROGRAM DIRECTOR/HEAD COACH

Coach Cesari has been involved in the sport of wrestling for over 36 years as a wrestler, coach, referee, and parent of a young wrestler. He has been working with youth for over 16 years as a youth coach and a volunteer with his church's youth ministry programs.

He is currently a high school and NCAA wrestling official, where he has officiated the North Carolina State High School Championships, and NCAA Division 1 tournament qualifiers. In 2006, he was inducted into the Pennsylvania Sports Hall of Fame.

Coach Cesari wrestled in college at NC State, where he accomplished the following:

- NC State's ACC Senior Merit award winner for achievement in academics and athletics
- 2-time NC State team captain
- ACC Champion, 3-time NCAA Division I Tournament qualifier, and top-12 finisher.

He wrestled in high school for his father, Joe Cesari Sr., at North Schuylkill High School, one of the most successful wrestling programs in Pennsylvania that was featured in Sports Illustrated in 1989. While at North Schuylkill, he accomplished the following:

- GPA of 3.9/4.0; Ranked 3rd in his graduating class
- 3-time PA State Champion, 2-time State Tournament Outstanding Wrestler
- High school record of 154-5-1, with 103 pins, which set a state pin record
- First team High School All-American
- World Schoolboy Freestyle Champion and National AAU Freestyle Champion

COACH DONNELL RAWLS, ASSISTANT COACH

Coach Rawls has been involved in the sport of wrestling for over 26 years as a wrestler, coach, and parent of a young wrestler. He has been with the TITANS for 3 years.

In 2004, he was the first wrestler inducted into the C.E. Big House Gaines Athletic Hall of Fame at Winston-Salem State University. He wrestled internationally, as a member of the United States Freestyle team, where he accomplished the following:

- Ranked as the #3 wrestler on the 1995 US Freestyle Team at 125.5 lbs.
- Placed 3rd in the 1994 World Team Trials and the 1994 University Nationals
- Placed 4th in the 1994 Sunkist International Open
- Placed 4th in the 1994 Olympic Festival

He wrestled in college at Appalachian State and Winston-Salem State University, where he accomplished the following:

- NCAA Division I All-American, placing 4th in the 1992 NCAA Championships, becoming the first wrestling All-American for Appalachian State
- NCAA Division II National Champion
- 2-Time NCAA Division II All-American, placing 7th to go along with his championship

He wrestled in high school at E.E. Smith High School in Fayetteville, NC, where he was a 2-time North Carolina State Champion.

COACH WILL LAKE, ASSISTANT COACH

Coach Lake has been involved in the sport of wrestling for over 30 years as a wrestler, coach, and parent of a young wrestler. He has been working with youth for over 15 years as a wrestling coach.

He was head wrestling coach at Wakefield High School from 2002-2007. During his tenure, he coached 5 State Place Winners and led Wakefield to a top 10 team finish at the 2004-2005 State Championships.

He wrestled at Olivet College where he accomplished the following:

2-Time NCAA Division III All-American,

- Placed 4th in the 1991 NCAA Championships
- Placed 6th in 1986 NCAA Championships.

He currently holds the following single season records at Olivet:

- Most Wins 50
- Most Takedowns 126

He wrestled at Menominee High School in Menominee, Michigan, where he placed 3rd as a Junior and pinned his way to a State Championship his Senior Year.

COACH SCOTT SABY, ASSISTANT COACH

Coach Saby has been involved in the sport of wrestling for 26 years as a wrestler, coach, and parent of a young wrestler. He is currently the Head Wrestling Coach at Millbrook High School where he has accomplished the following:

- 2X Cap VII Coach of the year
- Coached 1 State Champion and 7 State Place Winners
- Led Millbrook to a top 5 team finish at the 2004-05 N.C. State Championships.
- Led Millbrook to 3 consecutive N.C. State Duals playoff appearances.
- Founded the Capital City Wrestling Club in 2001.

Coach Saby was a four-year varsity letterman at Mayo High School in Rochester, Minnesota. He received a B.S. from University of Wisconsin-LaCrosse. He earned his Masters' of Education from East Carolina University and currently teaches in the Healthful Living Department at Millbrook High School.

OUR COACHES' CODE OF CONDUCT

Our coaches are volunteers, and have close to 120 years of collective experience in the sport of wrestling. We are committed to exemplifying the club's mission and values and ensuring that good sportsmanship, pride, honor, and concern for the well-being of our TEAM is our top priority. All of our coaches are required to have an AAU and USA Wrestling card. **As part of the USA Wrestling card application process, all of our coaches have a complete background check performed.**

Our coaches recognize the privilege of coaching our fine young wrestlers and the influence they can have on our wrestlers. You have our commitment that our coaches will:

- Serve as positive role models to our wrestlers and hold themselves to the same high standards of conduct as we do of our wrestlers.
- Seek out competitive opportunities for our wrestlers consistent with their abilities.
- Teach, coach, push and encourage all of our wrestlers to seek their potential.

We strive to model the "Coach's Role" as described in Bill Campbell's Parents Guide to Youth Wrestling: (We invite you to read the whole article, which is posted on our website):

An effective coaching staff is essential in helping kids derive the greatest benefit from their involvement in the sport. Coaches need to be effective in planning, organizing and running practice sessions, and coaching mat-side during competition. They are also called upon in a host of other related activities, but most importantly, coaches should strive to create and maintain an environment in which the champion in every child can blossom.

It is the coach's responsibility to provide opportunities for growth, achievement and excellence that can lead to success on and off the mat. A good wrestling coach is effective in preparing his wrestlers for the challenges of competition and is able to instill positive values such as goal setting and self-discipline, while maintaining a high degree of enjoyment and fulfillment for the wrestlers.

In addition, coaches must be perceptive, flexible and creative enough to address individual needs. In summary, the coach should be a person wrestlers trust, look up to, learn from, and rely on for support. This is certainly a tall order given personal limitations and other commitments most coaches face. It is more practical however, for these virtues to be present collectively within a coaching staff.

EXPECTATIONS OF OUR WRESTLERS

- Respect others, especially your parents, brothers and sisters, teachers, team mates, coaches, officials, and other adults
- Respect our facility and other facilities where we compete. Remember, we are their guests.
- Do well in school and maintain good grades
- Wrestle on the wrestling mats. Don't wrestle at school, at friends' houses, or in your house (unless you have permission from your parents).
- Come to practice prepared. Don't forget your headgear, or clean shoes

- Practice good hygiene by wearing clean clothes to practice, keeping fingernails clipped, showering after practice, and reporting any skin conditions
- Pay attention at practice and don't talk while coaches are teaching. Raise your hand if you have questions.
- Wash your hands after using the rest room
- Try the drills we teach you. **Don't ever say "I can't..."**
- Be the model of good sportsmanship. Be humble in victory, and respectful in defeat.
- Invite a friend to wrestle
- HAVE FUN!

OUR ROLE AS PARENTS

You, as Parents Are a Big Part of Our Success!

You play a vital role in our TITANS wrestling program and we appreciate greatly all that you do.

We want to give you opportunities to get involved in our club, as we will seek parent volunteers to:

- Photograph our wrestlers at practice and events for posting on our website
- Act as an event coordinator
- Help us organize and host a Triangle Wrestling Union competition event in February
- Represent the club at community events and help spread the word of the benefits of our club to those outside the wrestling community.
- Assist in serving as organizers for club events such as our end-of-year picnic, fundraisers, community outreach events, and club get-togethers
- Help welcome new parents to the club
- Offer your time, talents and suggestions

Thank you parents, in advance, for your time, talents and energy!

Below is an article we would like you to read as it provides the foundation for our expectations of parents of wrestlers in our club.

**Excerpts from:
Parents Can Help Their Kids, By Steve Fraser, October, 2005**

Wrestling is one of the greatest sports there is for helping young kids build their character, develop self confidence, improve discipline, and strengthen their will to succeed. The life skills and success principles that young wrestlers develop while learning to wrestle are very valuable in progressing in life.

Whether they won national wrestling/world titles or not, the mental, physical and emotional attributes honed by the wonderful sport called "wrestling" are what make up the real benefit to all who participate. To bottom line it... wrestling makes champions in life!

Now, as a parent who wants to see their youngster be happy and successful in life, how can you help? Parents, as we all know, play an extremely important role in the development of our children. Parents are the main influence to their loved ones.

In wrestling, it is very important foster the right wrestling atmosphere. Having a supportive and positive attitude about your son or daughter participating – is crucial in helping them learn to love this tough and grueling sport. How you react to their progress, their wins, and their losses is very critical.

How are you able to keep your child's winning and losing in perspective? What if your child is being treated a bit rough by their opponent, or if the referee makes a bad call against your child? How will you react? Parents are sometimes unprepared for the strong emotional reaction they have to watching their child compete.

Obviously one reason for this strong emotional feeling is that parents want their young wrestler to do well. They want their child to win. They may think it is a reflection of them. Parents may think that their son or daughter's failure is their own failure.

What parents need to realize is that their personal dream for their child's glory, although not entirely unselfish, is natural. However, parents that can be aware of their own pride and are capable of being amused by their imperfections will help to keep themselves under control.

Flying off the handle or straining relationships with coaches or other parents is not good for your child. Just like you don't want your child to embarrass you, you don't want to embarrass your child.

Kids in wrestling are very intuitive to what their parents are thinking. In addition, kids imitate their parents and absorb the attitudes that are displayed by their parent's actions. If parents are too into trying to control the coaches, referees, and other parents and are upset or angry a lot, it is hard for the young wrestler to enjoy the sport.

Kids' wrestling is supposed to be fun where they are focusing on the fundamentals of the sport. If kids first learn to like the act of grappling they will continue to learn the very difficult skills. Wrestling requires learning many skill sets. Technique, balance, tactics, strategies, mental toughness are all intertwined skills that must be learned before one can have great success in the sport. This takes time! Wrestling is not learned overnight. This is why, especially at a young age, it is imperative that kids stay focused on having fun and learning the basics. The winning will come later.

The Parents Guide To Kids Wrestling, published by Human Kinetics Publishers, Inc., lists seven items that all parents should consider when determining where they stand as far as how they are helping their young wrestler. If you can honestly answer yes to all of the following questions then you are well on your way to helping your child in wrestling... and in life.

1. **Can you give your child up?** That means trusting the coach in guiding your wrestler's wrestling experience. It means accepting the coach's authority and the fact that he may be gaining some of the wrestler's admiration that once was directed towards you.
2. **Can you admit your short comings?** Sometimes we err as parents and our emotions speak before we think. We judge to quickly, only to learn we made a mistake. It takes character for parents to admit they made a mistake and to discuss it with their child.
3. **Can you accept your child's triumphs?** It sounds silly, but some parents, fathers in particular are competitive with their wrestlers. If their wrestler does well in a match, the father may dwell on the minor mistakes, describe how the wrestler's older wrestler did even better, or recount Dad did it "way back when."
4. **Can you accept your child's disappointments?** Sometimes as parents we are targets for our child's anger and frustration. This goes along with the job. Accepting their disappointment also means watching them lose a match when their friends are winning, or not being embarrassed into anger when he/she breaks out into tears after losing.

5. **Can you show your child self-control?** The coach has a tough enough job teaching good sportsmanship to youngsters especially if the parents are losing control and showing poor sportsmanship themselves.
6. **Can you give some time?** Some parents are very busy and have trouble being there frequently. Probably the best solution is never promise more than you can deliver. Ask about your child's wrestling experiences and make every effort to watch at least some of your child's matches.
7. **Can you let your child make their own decisions?** This is an essential part of a child growing up, and can sometimes be a real challenge for parents. It means offering suggestions and guidance, but finally, within limits, letting the child go his / her own way. All parents have ambitions for their children, but parents must realize that they cannot mold the child's entire life. The great thing about wrestling is that it helps your child to start making his/her own decisions and living with the consequences.

The fact that your child is wrestling is wonderful. They are learning to work very hard, make tons of sacrifices, and dedicate themselves to the extreme demands that this tremendously difficult sport has to offer. Truly there is no tougher sport in the world. With your support and encouragement, your child will reap the many benefits gained by participating and will not only succeed in the game of wrestling, but also in the game of life.

Expect to Win!

How does Wrestling differ from other sports?

- Unlike basketball or football you don't need to be tall or big! There is a weight class for everyone and you never need worry about your child competing against someone who is much, much bigger than yours.
- Football tends to promote aggressive hitting as a means of playing the game well. While wrestling is an aggressive and physically intensive sport, the rules of wrestling are designed and referees are rigorously trained to look for illegal holds or potentially dangerous situations. When these occur referees stop the match and in some cases penalize the offending wrestler. Wrestling is all about participant safety!
- Unlike basketball or football there are no time outs! And we don't even allow referees to watch replay video! You'll never have to worry about a wrestling match dragging on...and on... and on....!
- Wrestling has cool uniforms! You will see a wide array of colors and designs on wrestling singlets. So, that's why referees wear green and red wristbands because in every match – regardless of wrestling uniforms – one team will be designated as green and the other red. That's how a referee signals points... to the green wrestler or the red wrestler.
- Wrestling in the Raleigh-Durham area is a great place to be!
- The University of North Carolina, North Carolina State University and Duke University all have excellent wrestling teams. Our kids have great opportunities to see the best of the best.

Thank you for joining our TEAM! Let's have a great season!

“All that we send into the lives of others comes back into our own.”

-Edwin Markham