

## Parents Can Help Their Kids

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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.

There are many examples of former wrestlers who go on to become very successful in all areas of life. Wrestlers have branched out into a variety of careers in American society. Politics, business, medicine, law, education, entertainment, and science, have all benefited from the leaders that have been influenced by the great sport of wrestling.

Former U.S. Presidents like Abraham Lincoln, Teddy Roosevelt, Calvin Coolidge, to name just a few, have all been wrestlers. Our current United States Speaker of the House, Dennis Hastert and Secretary of Defense, Donald Rumsfeld were experienced grapplers. Authors like John Irving and Tom Sullivan spent many hours sweating in wrestling halls somewhere.

Astronauts, Congressmen, Senators, Business Leaders, Nobel Prize winners all are represented by former wrestling students. Actors such as Billy Baldwin, Tom Cruise, Tony Danza, Kirk Douglas, Michael J. Fox, Jay Leno and Robin Williams all head locked and double legged their way through the ranks of wrestling. Jim Scherr, our current United States Olympic Committee CEO, was a very accomplished wrestler, winning many world and NCAA medals in his career.

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 to 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 about if your child is being treated a bit roughly by their opponent, or if the referee makes a bad call against him/her. 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 son. Just like you don't want your son to embarrass you, you don't want to embarrass him.

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 suppose 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

