



Ten Commandments for Wrestling Parents

1. **You** should be sure that your child knows that – win or lose, scared or heroic – you love him/her, appreciate his/her efforts and that you are not disappointed in him/her.
2. **You** should try your best to be completely honest about your child's athletic capability, his/her competitive attitude, his/her sportsmanship – and his/her actual skill level.
3. **You** should be helpful – but don't coach him/her on the way to practice and competition – or on the way back home.
4. **You** should teach your child to enjoy competition for competition's sake, remembering that there are lessons to be learned in winning as well as in losing.
5. **You** should not try to relive your athletic life through your child or try to create an athletic career to replace the one that you never had.
6. **You** should not compete with the coach – remember, in many cases, the coach becomes a hero to the athletes, a person who can do no wrong.
7. **You** should not compare the skill, courage or attitudes of your child with that of other members of the squad or team – at least not in his/her hearing.
8. **You** should get to know the coach so that you can be sure that his/her philosophy, attitudes, ethics and knowledge are such that you are happy to expose your child to him/her.
9. **You** should always remember that children tend to exaggerate, both when praised and when criticized. Temper your reactions when they bring home tales of woe or tales of heroics.
10. **You** should make a point of understanding courage and the fact that it is relative. Some of us climb mountains but fear flight – some of us will want to fight but turn to jelly if a spider crawls nearby. A child must learn: courage is not absence of fear, but rather doing something in spite of fear.