

WRESTLING HANDOUT #4: Guidelines for Parents of Children in Sports*

1. Make sure your children know that – win or lose – you love them and are not disappointed with their performance.
2. Be realistic about your child's physical ability.
3. Help your child set realistic goals.
4. Emphasize improved performance, not winning. Positively reinforce improved skills.
5. Do not relive your own athletic past through your child.
6. Provide a safe environment for training and competition. This includes proper training methods, proper use of equipment, proper nutrition, and getting proper medical care when needed.
7. Control your own negative emotions at meets and tournaments. Do not yell at other wrestlers, coaches or officials – it only takes away from your job as a positive role model.
8. Be a cheerleader for your child and the other children on the team.
9. Respect your child's coaches. Be the best parent you can be and let the coaches be the best coaches they can be by letting them do the coaching. If you disagree with their approach, *discuss it with them outside of the event or practice*. Communicate openly with them.
10. Be a positive role model. Enjoy sports yourself. Set your own goals. Live a healthy lifestyle, including your own stress management, diet and nutrition.

*Adapted from “Guidelines for Parents of Children in Sports”, *The Physician and Sportsmedicine*, 16(4):71, 1988.

From “**Championship Nutrition and Performance: The Wrestler’s Guide to Lifestyle, Diet and Healthy Weight Control**” by N. Rizzo, M.D., available at www.WrestlerDiet.com.