

# Idaho Rattlers Wrestling Club - Parent Survival Guide

We believe that the sport of wrestling is the most exciting and demanding sport your child will participate in. Wrestling is unique from other youth sports in that it is a team sport while at the same time an individual sport. Your child's success on the mat rests solely on his or her efforts both at practice as well as during competition. Your child's coach will do their very best to prepare your wrestler to be the most successful he or she can be but ultimately a win or loss belongs solely to the wrestler. Following are some recommendations to make the most of your family's wrestling experience.

## Practices:

We try to offer practice 4 times each week, alternating between Eagle and Rocky Mountain High School. This is not always possible due to scheduling conflicts with high school sports. Please check the practice schedule on the rattlers website to confirm practices dates, times and locations.

For insurance purposes, **ONLY REGISTERED WRESTLERS CAN PARTICIPATE AT PRACTICE.** Siblings are not allowed on the mats.

## Facilities:

We are very fortunate to be welcomed at both Eagle and Rocky Mountain High School. All of our activities are to be kept in the wrestling room. The locker rooms may be used for restroom use only. Please do not leave unattended children or allow them to wander outside of the wrestling room.

## Practice Gear and Apparel:

Water bottle. Appropriate practice apparel includes shorts (without pockets, buttons, zippers), t-shirt and shoes. Wrestling shoes are not required. However, a clean pair of athletic shoes that are NOT worn outside the wrestling room are. Protective head gear is not required.

## Tournaments:

Tournaments can be overwhelming and being prepared is essential. Bring a proper dose of patience with you. Local tournaments begin the first weekend of March and are held each week for eight weeks. Tournament information can be found on the Rattler website. Participation at tournaments is NOT required.

We try to have all of our coaches at the tournaments. It is very important that each wrestler has a coach during their match. It is expected that the referee will wait for the wrestler to find a coach if one is not already at the mat.

## **Do:**

- Use only positive encouragement and praise.
- Get your wrestler to at least two practices per week.
- Provide nutritious meals with a proper balance of proteins and carbohydrates. Your wrestler will be working hard in the wrestling room and good fuels for the body are essential.

- Make sure your wrestler is showering with soap after every practice and tournament. Skin diseases are prevalent in the sport of wrestling and can be avoided if proper hygiene is used.
- Keep your wrestlers finger nails trimmed and clean. Scratching our practice partners is never a good idea and the official at a tournament will deny your wrestler a match if their nails are not trimmed and clean.
- Be prepared for all-day Saturday tournaments which can be grueling for both you and your wrestler. Preparation and the proper attitude will be your keys to having a fun experience with your wrestler.
- Volunteer. We are all volunteers working solely for the benefit of the kids. Many hands make for light work.
- Communicate with your child's representative. Introduce yourself to them. And above all be certain that you speak to them whenever a concern arises. Don't stew on an issue until you are unhappy. We want your questions, comments and concerns! It makes us a better organization!

**Don't:**

- Criticize or condemn your wrestler. Your wrestler will understand right away that their success or failure is squarely on their shoulders. Any loss will be taken very hard by them. Any amount of negative feedback or discouraging comments will only add insult to that injury. Allow the coaches to do their jobs, which includes helping the wrestler see their errors and providing the necessary instruction to correct it.
- Offer negative comments about the coaches, referees or other officials in front of your wrestler. Again, we ask that all your concerns or comments are directed to your representative. The director of the club, Jason Martin is ALWAYS available at any time as well 949-8014.
- Never dispute, yell, or otherwise disparage an official at a tournament. Unless you have a coach's card you should not engage an official at any time. This is your coach's job and they will do it! Officiating youth wrestling is often times a thankless task and while none of the officials are perfect we know they do try their hardest and we want to show them our appreciation by being respectful and courteous. The coaches have a specific avenue to take when they dispute a call.
- Conduct yourself in a manner that is unbecoming of being a Rattler while wearing Rattler attire. We pride ourselves in offering an alternative to kids that is positive and uplifting. Our image is vitally important to our success as an organization. It is our athletes, coaches, volunteers and parents that set us apart from the others!