

# Guide to Youth Wrestling



## Lion Wrestling Club

Jim Borschel - Sr. Club Advisor

### Introduction

Welcome to the Lion Wrestling Club! The goal of this guide is to familiarize you with the sport of wrestling. Not all parents, families & children have a wrestling background. Hopefully, the information outlined in this guide will help introduce you to the sport.

### Wrestling Club Goals

The simple goal of the Lion Wrestling club is to introduce your child to the sport. We want your child to have a fun and positive experience. Like most athletic activities, we will emphasize the fundamentals of the sport, including the basic skills, drills and technique. Every wrestler from grade school to the Olympic wrestling levels concentrate on the fundamentals. Drills may often be routine, even monotonous, but are necessary in your child's wrestling development. Conditioning, stretching, flexibility and many of our drills are basic to all other sports; including football, soccer, basketball and baseball.

### Questions? / Suggestions

When you register your child in the club, you also register your voice for questions and suggestions of improvement. If there are ever questions or suggestions, please contact a coach or the club coordinator.



### Athletic Development

Please understand that your child may not have instant success in wrestling. Very few wrestlers start winning when they are first introduced to this sport. There will be other wrestlers who started earlier, have more wrestling experience, or may at this time be more athletically inclined. In some cases, it may be years before your young wrestler develops the competitive edge.

The physical, emotional and competitive stages of athletic development will vary for every young athlete. Some children may be ready for tournament competition as a 1<sup>st</sup> grader; others may develop this confidence later. You know and understand your child's development more than anyone. Don't push or drive too hard until you feel the child is ready. Give your child the choice, listen to what they say and give a lot of praise and encouragement. Start slow and introduce more wrestling when you feel they are ready. The coach and other parents can assist you with some insight into this decision.

### Parental Support

We strongly encourage parents to attend wrestling practice with their child, especially at the younger levels. Parents may not have wrestling experience, but their involvement is critical. Your child's progress in the sport can develop at a faster rate if you are assisting or are visible at the practice sessions. With a small number of coaches and a high number of wrestlers, working with your child and other wrestlers increases individual development. We would also like to ask for your support, helping at the Little Lions Wrestling Tournament. This tournament benefits the total wrestling program at the club, junior and senior high levels.

# Youth Wrestling Parent Guide

**Wolfgang Guggemos**



## **Youth Wrestling Parent Guide:**

**Parent Guide to Kids Wrestling** Rainer Martens, **Retrospective, a Parent's Guide to Youth Culture**, 2001

Proud Parents' Guide to Raising Athletic, Balanced, and Coordinated Kids Karen Ronney, 2008-09-09 Winner of 34 different publishing awards this 10 minutes per day comprehensive program helps children ages 0 to 6 develop coordination Tennis pro and master coach Karen Ronney offers a step by step handbook with over 200 games for parents who want to jump start their child s fundamental skills self confidence and sports potential while creating a lifestyle of family fitness She offers an in depth explanation of a child s development their learning styles with physical and brain anatomy and growth facts and how simple fun activities can be the key to unlock their abilities in every area of life Includes recent scientific and academic research progress charts how to incorporate purposeful play and even helps for families with special needs kids Part One How Your Child Develops Learning Styles Building Better Brains Sensory Integration Fine Motor Development Right or Left Handed Gross Motor Development Coordination and Sidedness Rules of Play and Praise Part Two Games Warm up and Stretch Crib Capers Athletic Activities One Two and You Building Blocks for Three Year Olds The Golden Years Four to Six Year Olds **Parent Guide to Kids Wrestling** Rainer Martens, 1980 Give Your Kids a Sporting Chance Kevin S. Spink, 1988 Sports play an important and intricate part in our society and their effect on your children can be very far reaching Athletic experiences can help shape their self esteem and teach them the virtues of self discipline dedication and co operation This book offers practical advice that parents can put into action at the very next game or practice Page 4 of cover

**Coaching Youth Wrestling** American Sport Education Program, 2008 Whether you re a parent new to coaching or an experienced youth wrestling coach this book is your handbook for a successful season ideal for coaches of wrestlers ages 8 to 14 it contains 23 new activities and more than 20 coaching tips Cover Overplayed David King, Margot Starbuck, 2016-03-08 As seen in Focus on the Family magazine Should I sign up our seven year old son for the travel team What should we do about our daughter s Sunday morning games Am I the only one longing for a sane balance between children s sports family time and church commitments David King and Margot Starbuck offer good news for Christian parents stressed out by these questions and stretched thin by the demands of competitive youth sports Join King athletic director at a Christian university and Starbuck an award winning author and speaker as they investigate seven myths about what s best for young athletes Discover with them what it means to not be conformed to the patterns of the youth sports world Listen in as they talk to other parents pastors and coaches about the peril and promise of children s sports Learn practical ways to set boundaries and help kids gain healthy identities as beloved children of God both on and off the field and whether they win or lose Equips parents with concrete tips such as Eight questions to discuss on the way home from the game Five ways to ruin your child s sports experience Dinnertime conversation starters about your family s values The one question you can t not ask your child about youth sports Key Features Challenges seven common myths about youth sports

Offers wisdom for families on decisions such as choosing leagues and how many seasons to play Author Q As address parents common concerns about youth sports Bonus tips and resources for parents coaches and pastors Free downloadable study guide available here *Away Game* Brian Smith,Ed Uszynski,2025-07-01 Transform the competitive sports field into a discipleship opportunity as you help your young athlete become not just a better player but a devoted follower of God If we don't own the process of discipling our kids as they play sports sports culture will do it for us But as parents we can get so consumed with our young athletes physical development that we miss the opportunities athletics provide to help them grow spiritually *Away Game* challenges us to be more than spectators on the sidelines of our kids spiritual lives Discover how to Leverage sports as a platform for instilling biblical values in kids and teens Keep joy play and gratitude at every level of your child's athletic experience Use sports involvement as an opportunity to strengthen your relationship with your child from car ride conversations to post game processing Spark faith based discussions about sport culture challenges such as handling pressure dealing with failure and being a next level teammate Counter the toxic elements of today's youth sports culture by cultivating kingdom virtues like self control humility and peace in yourself and your kids *Away Game* empowers you to embrace the role of spiritual mentor throughout your child's athletic journey as you recognize in the margins of every practice or game winning opportunities for spiritual growth **The Baffled Parent's Guide to Great Soccer Drills** Tom

Fleck,Thomas Fleck,Ronald W. Quinn,2002 Publisher Description *The Total Sports Experience for Kids* Aubrey H. Fine,Michael L. Sachs,1997-05-01 This book explores the true meaning of achievement in sports having fun developing athletic and social skills and nurturing a healthy positive sense of self esteem Drs Fine and Sachs offer practical research based advice that is bound to enrich the sports experience as well as life outside of sports for both children and adults

**Parents' Guide to Accredited Camps** ,1979 **Willing's Press Guide** ,2003 Coverage of publications outside the UK and in non English languages expands steadily until in 1991 it occupies enough of the Guide to require publication in parts

*When Winning Costs Too Much* Julian Bailes,John McCloskey,2005-03-10 The authors combine to produce a work that addresses some of the most pressing issues in athletics today While the book focuses primarily on steroid and supplement abuse it also covers unethical practices on the part of some coaches and athletes to gain a competitive edge Finally it offers healthy alternatives to supplements for athletes wishing to gain size and strength without putting their future health at risk

*Small Press Record of Books in Print* ,1990 **Survival Guide for Coaching Youth Basketball** Keith Miniscalco,Greg Kot,2015-08-20 You volunteered to coach the basketball team but are you really ready How will you teach the fundamental skills run effective practices and harness the energy of your young team Fear not *Survival Guide for Coaching Youth Basketball* has the answers Yes the wildly popular and entertaining coaching guide is back in a new updated and expanded second edition Longtime coaches Keith Miniscalco and Greg Kot return to share their experience and provide advice you can rely on from first practice to final shot From evaluating players skills and establishing realistic goals to using in game

coaching tips it s all here the drills the plays the fun Develop your team s dribbling passing shooting and rebounding skills with the Survival Guide s collection of the game s best youth drills For plays and sets that young teams can actually run flip to the Survival Guide s offensive and defensive playbook And to get the most out of every practice follow the ready to use practice plans So worry not coach Survival Guide has helped countless coaches have rewarding and productive seasons and a lot of fun along the way Books in Print Supplement ,1985 **One, Two...I Do, Instructor Guide** Charlene R. Kamper,2006 This faith based curriculum written for young people contains 16 lessons about relationships and marriage Books in Print ,1987 Learn'n More about Having Fun in Youth Sports Free Flow Handbook Bob Swope,2012 This is a practical Handbook for all youth sports coaches parents and kids It has 28 individual illustration variations to look at It covers everything you will need know to get started having more fun in youth sports It also has sample practice schedules and sample food menus for young kids in youth sports **Children in Sport** Richard A. Magill,Michael J. Ash, Frank L. Smoll,1982 Abstract This collection of essays cover the wide range of research into children and athletics from historical and future perspectives to the social context of athletes Of particular importance are the sections on readiness participation psychological issues and social processes The first group contains three essays which discuss the concept of readiness in competitive sports and critical periods in the child s development These periods can affect competition and achievement motivation in relation to competition The seven papers about psychological issues of sport competition cover the bulk of the research into children and sports Primarily the effects of competitive stress on behaviors are discussed and models designed to reduce this stress are presented The last section includes two relevant essays about socialization of children into the sports world and about sex differences and family influences on this socialization

Delve into the emotional tapestry woven by Emotional Journey with in **Youth Wrestling Parent Guide** . This ebook, available for download in a PDF format ( Download in PDF: \*), is more than just words on a page; itis a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

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