

# Advice to Parents New to Wrestling

(Please laugh as you read some of these!)

- \*Don't make plans from November 1<sup>st</sup> through March 30<sup>th</sup>. You'll either be at a match, a tournament, driving somewhere or nagging your kid to eat (or to watch what they are eating).
- \*Don't bother the coaches during a match (they're a little high strung) – if they come talk to you after a match, they are only looking for Advil or Tums!
- \*Be Prepared! Some tournaments can run from sun up to sun down. Bring a cushion to sit on, a book to read, some snacks (you might want to hide the snacks, a few wrestlers can devour a package of cookies in nanoseconds).
- \*Don't ask why a fungus is called a worm, but stock up on Tinactin (Lotramin), and make sure your child realizes that jumping in the pool after a tournament does not count as a shower!
- \* When you are out in public with your son/daughter, whose face is covered in bruises, don't bother trying to explain to strangers that you didn't put them there
- \*I'm not sure who is in charge of weigh-ins but your child will always have to wrestle someone who is a foot taller and 10 lbs heavier (and grows). It's a fact.
- \* Sit with other moms....it helps to join hands when a mom wants to run out on the mat for an injury....or to attack an official
- \* As a parent, you will never understand how your gentle, sweet child could possibly love to wrestle...to be stretched and twisted in ways nature never intended....but he/she does.
- \*So be happy when they win, supportive when they lose and always have your phone charged!

## Things to Pack in your Tournament Bag:

- \*Athletic Tape
- \*Water Bottle
- \*Band Aids
- \*Defense Wipes
- \*Fingernail Clippers and Nail File
- \*Extra pair of undies (crap happens)
- \*Extra Singlet
- \*Snacks (Healthy – your wrestler needs fuel)
- \*Wrestling Shoes
- \*Headgear
- \*Extra Cash (admission, concession stands)
- \*Phone Charger (cord and plug) or portable Charger
- \*Medication – Advil/Tylenol – anything your kid may need (inhalers, allergy meds etc.)

## Tournaments

Adventure out with your child and go to some local tournaments! We will post local tournaments in the gym or you can find them at:

<https://theguillotine.com/open-tournament-calendar>

Reach out in our Facebook group to see if other families are going (especially if you might like some help on the mat). It's always more fun to have a warm-up buddy!

## **\*\*REMINDER\*\***

We clean mats every practice but PLEASE make sure your child is showering right when they get home and washing extra good! A tea tree wash works great!