

Parents, family, friends: What your wrestler needs to hear from you is very simple. **“I enjoy watching you compete.”** Just that. Focus on the enjoyment and the satisfaction of seeing your wrestler give it their best. It takes courage to be out there trying something new. To know that the outcome is in doubt. Whether they are just starting out, pretty good or even great. The wrestler needs to know the competition and the feeling you have watching them is one of satisfaction and pride. Remember. It’s simple: “I enjoy watching you compete.”

*

Wrestling is a Sport not a Game: Wrestling is the struggle that always exists. Though there are rules for competition and scoring, the essence of wrestling is the human struggle between competitors. It’s not a game and it definitely isn’t a meaningless activity. For that reason, wrestlers shouldn’t be asked, “If they played well in wrestling.” The word ‘play’ just doesn’t work with the sport of wrestling.

*

Cheering on Your Wrestler: Please feel free to proudly cheer for your wrestler. **Do not engage with parents or fans from other schools in trash talking or bad mouthing other athletes and teams.** Sportsmanship is at the center of quality wrestling. Tournaments and matches are a bustling environment where often people will move from seat to seat for a better view once they know what mat their wrestler will compete on. Be aware that you can positively support your wrestler, but you should not be negative towards other athletes.

*

What to Yell to Encourage Your Wrestler: Wrestling has a whole litany of phrases and encouragement. **“Head up; elbows in”** is a basic wrestling mantra akin to “Go get ‘em!”. **“Move Your Feet!” “Stay tough!” “Keep Wrestling!” “Don’t let up!”** Proud and supportive fans can give your athlete the energy to wrestle better. Learn the basics and soon you’ll be understanding the dynamic sport of wrestling.

*

Wrestling Nutrition: Wrestling is a complete sport that requires an athlete to be mature in their choices and self-discipline. Strength and stamina are represented by the choices an athlete makes. Wrestlers learn the difference between good calories and bad. Wrestlers, who are dedicated, seek out the best diet they can afford. Physically wrestlers are some of the best conditioned athletes in the world carrying dense strength and inordinate flexibility as necessary components to wrestling. A healthy diet is sought out when an athlete truly commits to being a wrestler.