

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 1st 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.

Parents Guide To Youth Wrestling

Rainer Martens



Parents Guide To Youth Wrestling:

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

The Modern Parent's Guide to Kids and Video Games Scott Steinberg,2012-02-01 Nearly 40 years after their invention and a decade after exploding onto the mainstream video games still remain a mystery to many parents including which titles are appropriate and their potential side effects on kids Now the answers are at your fingertips Offering unrivaled insight and practical real world strategies for making gaming a positive part of family life The Modern Parent's Guide to Kids and Video Games provides a vital resource for today's parent From picking the right software to promoting online safety setting limits and enforcing house rules it offers indispensable hints tips and how to guides for fostering healthy play and development Includes Complete Guides to PC Console Mobile Online Social Games Using Parental Controls and Game Ratings Picking the Right Games The Latest on Violence Addiction Online Safety Setting Rules Time Limits Best Games for All Ages Essential Tools Resources An essential guide for parents Jon Swartz USA Today [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 [Small Press Record of Books in Print](#) ,1990 *More Than Just the Talk* Jonathan McKee,2015-03-10 Have Real Conversations With Your Kids About Sex The old ways of having the sex talk just won't cut it anymore Sadly the number one place today's young people go to for answers about sex is Google Meanwhile kids view nearly 14 000 sexual references a year on television and 70 percent of teenagers have encountered pornography on the Internet If we want our children to know the truth about healthy sexuality we need to create a comfortable climate of continual conversations Jonathan McKee will show you how to move beyond the initial

awkwardness of this subject into an ongoing communication with your kids about God's amazing gift of sex. He equips you with what you need to talk openly about dating, temptation, porn, and purity, and you will find answers to tough questions and relevant Scripture on sexual issues. It's normal for kids to be curious about sexuality, and they need to know that their parents are the most reliable source of information. Be the one your kids turn to on this crucial topic. In a world full of explicit lies, today's kids need parents who aren't afraid to tell them the explicit truth. This book provides parents with the tools they need to have these candid and continual conversations. Dr. Kevin Leman, New York Times bestselling author of *Have a Happy Family* by Friday, Jonathan McKee is one of America's premier youth specialists, and this book will help you navigate the rough waters of teaching your kids healthy sexuality. Jim Burns, PhD, president of HomeWord and author *Parents Take a Deep Breath*, This book pulls no punches. But it will give you exactly what you need to walk alongside your kids at this time when they most need it. Shaunti Feldhahn, social researcher, speaker, and bestselling author, A thorough, straightforward, and engaging resource that will both equip and inform a parent for effective, culturally relevant, and God-honoring conversations about sexuality and all its implications. It is a critical read in critical times. Brian Berry, generation ministries pastor, Journey Community Church, La Mesa, California, and author, SO many parents I know don't feel equipped to talk to their kids about sex. This book helps you overcome the guaranteed awkwardness of conversations like that and provides both tools AND motivation. I wish every parent would read it. Scott Rubin, director of middle school ministry, Willow Creek Community Church, Jonathan McKee provides clarity and practical knowledge so that you and I can do more than just give a nervous talk to our kids; we can be loving and consistent parents for them as well. Terry Linhart, PhD, educator, author, Bethel College, Indiana, Kids need parents who are educated, aware, and relevant when it comes to sex. Thankfully, Jonathan McKee gives us powerful, poignant, and practical tools to help us win in this delicate and scary parenting arena. Doug Fields, co-founder of DownloadYouthMinistry.com, youth pastor for thirty years at Saddleback Mariners Church, speaker, and author, McKee is a frontline youth worker with current and regular interactions with Christian teenagers wrestling with the intersection of their faith and their sexuality. Never condescending, Jon brings his writing style to a subject I wish more parents were talking about with their teens. Mark Oestreicher, partner, The Youth Cartel, and author, Jonathan McKee's book helps us to remember that the talk is a myth at best and a terrible strategy at worst. A lifestyle of preparation, a strategic series of discussions, and a proactive commitment to conversation is what our kids need, and this book will help any parent to walk with their kids in confidence. Chap Clark, professor of youth, family, and culture, Fuller Theological Seminary. *Parents' Guide to Accredited Camps*, 1979. *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 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

Books in Print , 1982 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 Scientific Foundations of Sports Medicine Carol C. Teitz, 1989 **Whitaker's Books in Print** , 1990 **The Space Between** Walt Mueller, 2009-06-26 The teenage years are a unique life stage one that fills even the calmest parents with confusion and

dread as they begin to feel like helpless bystanders to the rapidly changing lives of their teens If you're struggling as a parent you're not alone Raising children is difficult work and it gets more difficult as they reach adolescence But you don't need to feel alone or paralyzed by these feelings With deep encouragement and practical advice born from long study and first-hand experience Walt Mueller has written a guide for parents with children who are going through the tumultuous years of adolescence *The Space Between* will walk you through how your teen is developing physically socially intellectually emotionally and spiritually as you learn How you can make the adolescent period smoother for your teen How you can begin to break through the walls of confusion fear frustration and misunderstanding How you can be a positive and proactive bridgebuilder into the life and world of your teenager Finally you'll discover how you can approach the task of parenting teenagers as an opportunity to depend on God while teaching your impressionable teen to do the same

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

Back to the Roots: A Definitive Guide to Grassroots & Football Development Shaji Prabhakaran, 2017-04-19 The book presents an insight into football development and every aspect of it is comprehensively covered with a special focus on grassroots football *Back to the Roots* illustrates in detail the player development process underlining and envisaging key aspects required for the successful and sustainable player development pathway It highlights the importance of football in schools and training academies for young talent The author being associated with the game and its development for many years presents a road map for making football an integral part of the school education system With an emphasis on the role of leadership in football development for bringing in a change or developing the game from every aspect this book is a must read for everyone involved with the beautiful game be it budding players administrators fans policy makers parents coaches as well as young and old enthusiasts of the game

Sourcebook on Parenting and Child Care Kathryn Hammell Carpenter, 1995 This thorough and well-written source book will be useful to professionals parents students and acquisitions librarians Nothing else available has its breadth of scope Recommended for academic and public libraries *Library Journal* An excellent reference book for all parents and organizations working to make the world a better place for children *Reviews from Parent Council* The *Sourcebook on Parenting and Child Care* features the best of the best in reference material and other information sources serving as both an outstanding collection tool for librarians and a one-stop source for information for interested parents and professionals Covering materials from noted childhood experts like Dr Benjamin Spock and Penelope Leach the sourcebook reviews sources on a variety of parenting topics ranging from motherhood and fatherhood to religious training and substance abuse The author has divided the book into seven parts each focusing on a specific subject area Entries include the classics as well as recent literature with the author's choices of best highlighted for easy reference The chapters conclude with a directory of related organizations or resource centers The reference section provides both print and nonprint reference tools including electronic indexing and

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