

## Suggested Topics for a Parents' Meeting

**Health Considerations.** Wrestling is a close-contact sport, probably more so than any other, and because of this contagious conditions are passed more readily. Under this topic you emphasize things parents should do to help minimize any potential health problems. For example: (1) Do not send wrestlers to practice if you believe they may be coming down with something contagious; (2) Notify your coach immediately if you find out your wrestler has contracted or been exposed to a contagious condition (examples include impetigo, ringworm, head lice, measles, etc.); (3) Have your wrestler shower or bathe after each practice, preferably using a disinfectant type soap.

**Behavior at Practice.** Cover the any rules and courtesies to be observed at your practice facility for care of equipment, safety, and well run practices. For example, our room has padded walls, and the wrestler are not to plant their feet on these pads in an attempt to jump up and reach the pull-up bars. Other examples include: running in the hallways, wandering the halls unescorted, mistreatment of mats, being inattentive and distracting other wrestlers, etc.

**Behavior at Meets.** Discuss what is expected of both parents and wrestlers at our scrimmages. Special emphasis should be placed on (1) staying outside the roped off area unless you are the wrestler, coach, or assistant coach for the match in progress, (2) raising any concerns/complaints through one of your team coaches and NOT getting into arguments with parents, referees, or coaches from other teams, and (3) proper treatment of the facility (many of the same things said about practice apply here) - remember, we are not the only organizations asking for use of these various facilities, and whether we get them in the future may depend a lot on how we have left them in the past. It is also a good idea to have the members of your team sit in the same general area in the gym at a meet, and encourage your wrestlers to remain there when not wrestling - it makes them easier to find when their names are called.

**Conduct of Meets.** Discuss the general organization of and activities at a scrimmage. Many of your wrestlers and parents have never been to a scrimmage and do not know what to expect. Every year at our first meet I find several new wrestlers who have never been told they must check in at the registration table and be weighed in order to be placed in wrestling. This usually results in some amount of disarray at the pairing table because by the time I find out, many classes have been formed and wrestling is underway. What works good is to go through the entire procedure for one wrestler from the time he arrives at the meet until he leaves. You can even use one of the experienced wrestlers and go through it quickly as a skit - it doesn't really take that long. Important points are: (1) register, (2) attend wrestler briefing, (3) check the pairing sheets posted on the walls to find your name and wrestling number (explain what the number indicates, i.e. 610 is mat six wrestler 10), (4) wrestler's number is placed on the tree. Bottom in the hole, middle on deck, top on mat, (5) wrestle, (7) (for the winner only) take the completed bout ticket back to the designated box at the pairing table **making sure your name was circled as winner**, [steps 4 through 7 are repeated once for each match wrestled].

**Conduct of a Match.** For the benefit of your new wrestlers, you should explain how a single match works - starting positions, how points are awarded, etc.

**Volunteer Help.** Explain that we are totally dependent on parents/volunteers to man all the functions of a meet (scoring, pairing, announcing, registration, etc.) and your method of assigning these duties. This can be done separately from the above topics or in conjunction with one of them (for example, you may choose to discuss your work expectations when covering Behavior at Meets.