

Let Coaches Coach

One of the best decisions a parent can make is also one of the hardest:

Let the coaches coach.

When families join a wrestling club, they're placing their trust in the coaches to develop their child. That trust should continue throughout practices and competitions. Constantly second-guessing instruction, questioning decisions, or offering competing advice makes it difficult for athletes to fully commit to the learning process.

Young wrestlers need consistency.

When they hear one message from their coach and a different one from a parent, uncertainty replaces confidence. Instead of reacting instinctively, they begin wondering whose advice they should follow. The result is often hesitation, frustration, and slower development.

Great coaches also see the bigger picture.

They understand an athlete's strengths, weaknesses, training plan, and long-term goals. Not every correction is about winning the next match. Sometimes a coach allows an athlete to struggle because that's where the greatest growth occurs. Those moments may not make sense from the stands, but they often become the lessons athletes remember most.

This doesn't mean parents shouldn't be involved.

On the contrary, parents are essential partners in an athlete's success. Their role, however, is different. Encourage your child. Celebrate effort. Reinforce discipline and accountability at home. Ask what they learned instead of what they did wrong.

The strongest programs are built on trust between coaches, parents, and athletes.

When coaches are free to coach, parents are free to parent, and athletes are free to learn, everyone benefits.

The goal isn't simply to create better wrestlers.

It's to create an environment where young people can reach their full potential—on the mat and in life.