

It's Excellent & it's Free

A parent's Guide to Youth Wrestling

By William K. Bauer, Ph.D.

There's a thorough, thoughtful, coherent and reader-friendly introduction to and explanation of the sport of wrestling. It's designed to describe and offer advice about matters caring adults might meet up with as they respond to a young guy or gal's interest in being a grappler. The publication is aptly entitled, a Parent's Guide to Youth Wrestling.

Written by Bill Campbell of Wisconsin Rapids and an official publication of USA Wrestling, the guide was conceived and composed by Campbell more than five years ago when, as the coach of a youth team, he came to realize that a big part of capitalizing on a newcomer's interest in the sport involved acquainting parents with the intricacies of what might be, to them, a mystifying athletic activity.

I came upon Campbell's work as I was searching the internet for information that might relate to my publication, a primer on the sport for the youngest of wrestlers. I found it to be so well done and so much in line with my interest in getting fledgling grapplers off to a good start that although we had never met and lived in opposite regions of the country, I called him right away.

When I asked him why he had chosen the topics covered in the guide, he said that they were based on questions or concerns that parents had directed to him over the years. Accordingly, the subject matter ranges from pragmatic items like why ring-worm appears to abstract considerations such as integrity and the development of character. There are twenty-seven comprehensive entries in all and the words of counsel presented in each of them reflect a genuine familiarity with and love for amateur wrestling.

In that vein, Campbell said that while the original intent of the guide was to meet the immediate needs of the parents of the youth team he was coaching at that time, he soon recognized that the piece had the potential to be helpful to a much larger audience. He set out to make the booklet

accessible to the entire amateur wrestling establishment and turned for help to USA Wrestling who then distributed the booklet to their affiliate wrestling clubs throughout the country. Consequently, when I happened to click on the website that featured the document and realized that I could download the entire publication, I was truly amazed because in addition to being excellent, it is free!

Happily, others have made the same discovery and more and more youth wrestling

organizations are using the guide as an invaluable tool in their welcoming and orientation processes. When I mentioned the guide's popularity and suggested that it might be considered a generous gift to the wrestling community, Coach Campbell said simply, "I've always felt that wrestling changed my life and I'm glad to give back."

Parent's Guide to Youth Wrestling is available free of charge through USA Wrestling at www.YouthWrestlingGuide.com.

South Carolina - Tim Morris (Lexington) finishes a single leg attempt on Reggie Henry (Summerville). Henry would win the match. Summerville is the top ranked team in 5C this year as they seek their 4th consecutive state title. Photo by Mark Buford.

Editor's Note: Dr. Bauer is the author of the very popular and highly acclaimed publication, Wrestling - A Boy's First Book

