How many times have you watched fathers coach their sons or cheer for them from the stands? Have you wondered what kind of influence those fathers had on their sons? Ben and I learned the importance of discipline and hard work from our father. Dad passed down many of his values to his six children, more by example than by talking about it. He was always so supportive of his five sons in our different sports pursuits. I have fond memories of coming home from football games, or wrestling matches and discussing the evening's events over a bowl of cereal in the kitchen. That was our father's nightly ritual, usually a bowl of cornflakes before watching the evening news to catch the weather report and the sports round up. One regret that I have is that we did not start Camp of Champs father/son camp until the year after his sudden death in 1990. He would have loved to watch the dads with their sons at camp fishing together, playing games against one another, and, of course, spending time on the mat together.

I am very thankful that my wife Nancy has always had a love for wrestling and the people surrounding it. We have seen two of our three sons wrestle through grade school, high school and college. Our youngest son was in first grade at the time we started father/son camp and is now a junior wrestling at University. It has been great having all the boys, yes, even the one who played "the round ball game," work at camp! What a great experience it has been watching the boys grow and learn through the sport of wrestling. Many of the tough lessons that Joshua, our middle son, learned while wrestling for Coach Wayne Baughman at the Air Force Academy are serving him well as he serves in the military.

Mark Churella has impressed Nancy and me with the relationship that he has with his sons. As a volunteer high school coach he mentored all three sons through their early years of wrestling. I asked him how he let his sons know that they were secure in his love for them, when they didn't achieve the result they were looking for. His response was, "I told them that I loved them and I really meant it. He said that wrestling helps teach that there are no entitlements. Just because your father was a good wrestler does not mean that you will be good. You learn that hard work pays off and that faith, family and representing yourself well are what really matter."