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How Can We Improve the Sport of Wrestling?

I would never consider myself an expert where wrestling is concerned; but I do have a few opinions about the sport. My father got me involved in wrestling when I was seven years old. Over the years I was able to improve my skills and be a participant in many tournaments and quite a few team dual tournaments. Some of my favorite and best memories are during those trips with my family and teammates. My parents kept me very involved through the wrestling season and I was fortunate to attend camps over the summers to improve my skills. Once I got into high school the tournaments slowed down but my experience and skills continued to improve. Because of my involvement from such an early age I was able to see some of the following items first hand. Please know that I am grateful that my parents were so involved with me and shared my love for wrestling.

There are several different ways the sport of wrestling could be improved. First off, some parents need a lesson in how to treat their children, especially when the child first starts wrestling. I have seen so many crazy parents treat their children poorly, during and after a match. Parents are sometimes too critical of their child's performance and yell at them out of frustration. Yelling at your child only hurts their confidence and will hinder their love for the sport. Parents need to stop picking out all of the things their child is doing wrong; balance the negative with some positive. Also, some children are forced into the sport of wrestling. This sometimes happens when kids come from a family of wrestlers or just because the parents want them to be wrestlers; either way, participation in any kind of extracurricular activity should always be the child's decision. Of course, parents need to play an active role, but should merely provide support and motivation, not demands.