

There are many roles afforded to members of the amateur wrestling community that are both formally and informally assigned. Roles include the individual wrestler, coaches, referees and spectators. These different roles can become intertwined causing tension between them. Although the roles can clash and become tense, for the success of the community and individuals these roles must interact successfully through the building of both bridging and bonding social capital. For example, wrestlers must trust their training partners and coaches to make them better at the sport as well as trust the referees to officiate fairly and correctly during matches. Successful wrestlers around the world understand the importance of building social capital amongst other members and fulfill their roles the best they can for the success of themselves and the community as a whole.

In general, there are four main roles in the amateur wrestling community; wrestlers, coaches, referees and spectators. The wrestler trains both physically and mentally in order to find success on the mat. The coaches train the wrestlers and coach them through their matches. Referees officiate the matches fairly and without bias. Spectators are there to watch the matches and in many cases, since most know individual wrestlers, offer emotional support and strengthen wrestler's confidence and desire to win. Social capital is mainly built in the wrestling room between wrestlers and also between them and their coaches but other forms of social capital are built as well.

In the sport of amateur wrestling, the most important place for social capital to be built is in the wrestling room. The first type of social capital needed is between wrestlers, the roles of the individual wrestlers may clash and cause tension if there is no social capital. Wrestling is a contact sport where the individuals try and physically dominate the other. It is important for trust

to be developed between training partners. You must trust your partner will wrestle fair and abide by the rules so no one gets hurt "For a new student learning wrestling, a main challenge is developing a deep bodily trust of his fellow wrestlers." (Smith 54) Social capital and reciprocity are huge factors in creating a successful program and enriching the community. Wrestlers who train together need to know that if they help to better their team mates or training partners that they will help them get better as well "Networks of community engagement foster sturdy norms of reciprocity: I'll do this for you now in the expectation that you (or perhaps someone else) will return the favor" (Putnam 20) influence between wrestlers is explicit, meaning that it is clear and well known that wrestlers are supposed to help each other out and sharpen each other's skills and discipline. In order for the community to grow and strengthen, norms of reciprocity and trust are essential between wrestlers. When a wrestler trusts his training partners enough he or she feels a sense of support and is able to train harder. Knowing that your fellow team mates and partners are willing to give everything they have for your own betterment strengthens wrestlers both emotionally and physically, providing better results on the mat overall.

Another area where roles can develop tension is between coaches and wrestlers. Coaches and wrestlers must develop a strong bond through trust. When there is no trust between the two roles tension builds between them, when this happens it is extremely hard to better your skills and be successful as a wrestler. Wrestlers must trust that their coaches know what they are doing and trust that when they coach them through matches they are making the best decisions in the long run, even if the wrestler cannot see that at the moment. The influence of a coach on a wrestler is both implicit and explicit. Sociologist Tim Curry of the American Sociological Association studied this influence "Matches themselves provided further evidence of group

acknowledgement of character: the coaches shouted encouragement and embraced a wrestler who displayed an appropriate amount of fight and turned away in disgust when a wrestler appeared to give up." (Curry 107) When wrestlers gave all their effort on the mat coaches often praise the wrestler for a job well done, explicitly influencing them in a positive manner. On the other hand, when a wrestler didn't appear to exhibit the appropriate amount of fight and effort the coaches would often say nothing and show disappointment, implicitly influencing them negatively through emotional displays. Trust is a huge factor in the bond between coach and wrestler and is essential in for the betterment of the wrestler and community as a whole. Through the influence of coaches, wrestlers sharpen their skills and character bettering the image of the entire wrestling community.

The role of spectator has influence the role of wrestlers. Wrestling is not the most popular sport so most spectators who attend meets and tournaments have a direct, and often times personal, link to a particular wrestler. Tim Curry also observed this in his article *Where the Action Is: Visual Sociology and Sport* "I photographed the fans at several meets and asked wrestlers if they could identify those who attended. Most often they could, personal relationships with the fans were not unusual." (107) Due to these personal relationships, a lot of wrestlers are pressured into doing well and impressing or making their spectators proud. This influence is implicitly implied, Spectators don't directly influence the wrestlers through actions and words but implicitly influence them through their presence and observance. Spectators serve to push wrestlers to be the very best they can, helping the community to grow through a greater sense of effort and

fight in individual wrestlers that enriches the entertainment factor of meets and tournaments.

Each of these individual roles provides for growth and a better image of the community. Social capital is essential in building trust in the community and providing for better results in the training room and on the mat.