



4 Youth Mindset Tips

Read all- [4 Youth Wrestling Mindset Tips](#)

Buy the [NEW Kids Mindset Program](#): Olympic Mindset Exercises made simple for Youth Wrestlers

1. *Stop cutting weight!*

The number one reason for burnout in the sport of wrestling is that wrestler's are sick of cutting weight. We have worked with so many wrestlers who were ready to quit simply because they felt they needed to make a certain weight class or because they were sick of cutting weight.

Most Rec wrestlers should not be cutting more than 2 lbs. It may not seem like a big deal now but you could rest assure it will be once they are in high school or college.

2. *Realize that winning doesn't make you a better wrestler. Improving makes you a better wrestler.*

Too much emphasis is placed on winning and records in American wrestling. Many wrestlers and parents judge improvement based on number of wins, winning percentage or what they placed in a tournament.

I would rather my wrestler lose more matches and place lower in different tournaments if

he/she improved more and enjoyed competing. We see this a lot with our college wrestlers. They come in to college with the expectation that they need to wrestle the lowest weight possible to be successful. Then the whole season they focus on weight management rather than on improvement.

Read all- <http://www.wrestlingmindset.com/blog--news/4-youth-wrestling-tips>

Learn More about our Kids Mindset Program:

[BASIC KIDS PROGRAM](#)

[PREMIUM KIDS PROGRAM](#)

Schedule your [Free Mindset Trial Session](#) NOW and start thinking, training and competing like a Champion!



Copyright © 2017 Wrestling Mindset, All rights reserved.
Wrestlers, coaches and parents.

Our mailing address is:

Wrestling Mindset
40 Hansen Drive
Edison, NJ 08820

[Add us to your address book](#)

Want to change how you receive these emails?
[You can update your preferences](#) or [unsubscribe from this list](#)