

Tips for a More Productive Summer

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8 Summer Mistakes to Avoid:

1- *Getting up late each day (and going to sleep too late)*

2- Not planning your training schedule in advance. Failing to plan if planning to fail.

3- Focusing on getting big instead of getting better. Unless you are a bodybuilder or powerlifter make sure you focus on becoming a better wrestler. (lifting is part of it not all of it.)

4- **Watching too much tv/playing too many video games. Waste of time! Too many more productive things you can do with your time.**

5- *Not reading quality books. Be a life long learner.*

6- Developing lazy habits!

7- **Not using sunscreen. Be smart.**

8- [Not taking advantage of a 1-1 Mindset Trial Session](#)

Thousands of wrestlers are taking advantage of our Mindset Training each year. We would love to help you too!

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Never stop believing--Coach Z

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