

Do your wrestlers experience any of the following Mindset Red Flags?



[Learn how your TEAM can get the Mental Edge!](#)

How do you Relax before a big match? How do you wrestle more confidently?  
How do you Pull the Trigger and get that Killer Instinct?

### **Training for Fargo?**

The 10 Day Confidence Crash Course will ensure you are the most mentally prepared prior to the competition in order to achieve your maximum potential on the mat!

[The Confidence Crash Course will teach you how to get your Mind Right.](#)

"When the pressure is on in state, national and even world championship matches we trust in the strategies of Wrestling Mindset" -John Strittmatter (Young Guns WC coach)

[Wrestling Mindset's 10 Day Confidence Crash Course © is back on the market!!](#)

This will give you access to 10 of our best video lessons and mindset exercises, a bonus audio file (Building a More Aggressive Wrestler).

PREMIUM Members will have *access to their own personal Mindset Coach* and have **Four 1-1 Mindset Sessions**.

Jump Levels in 10 Days with Wrestling Mindset and get the Mental Edge this season.

[Begin the Confidence Crash Course NOW!](#)

[Read our Success Stories from State, National and World Class Wrestlers.](#)

Make it a great day!

--Coach Z

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