

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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