



## Mentally Preparing for the Freestyle/Greco Season

Hello Coaches, Parents & Wrestlers,

As the regular season has come to an end and the Freestyle/Greco season is upon us, athletes and coaches are always looking for ways to gain an edge on their competition by seeking out new cutting edge training philosophies to help them reach their maximum potential next season.

Dedicated wrestlers of all ages are currently seeking out coaches to assist in their technique, strength training and nutritional development. However, after a loss wrestlers and coaches still typically blame their poor performances on at least one of our most common Mindset Red Flags listed below:

- \* *Not Pulling the Trigger/No Killer Instinct*
- \* *Practice room wrestler*
- \* *Gives good opponents too much respect*
- \* *Choking in big matches*
- \* *Slow starter*
- \* *Too cautious/hesitant*

Maximize the efficiency of your training program and take your wrestling to the

next level by signing up for our FREE 1 on 1 Trial Session with one of our Wrestling Mindset Professionals.

[Sign Up For Your Free Trial Session Today!](#)

*Wrestling Mindset is a systematic training program designed to sharpen the mentality of your wrestlers and help them become the best versions of themselves in wrestling, school and life.*

**We help teams and individuals develop confidence, mental toughness, aggressiveness, relaxing under pressure and several other topics. We would love to help your wrestlers by attending your wrestling camps, clinics and clubs this summer!**

“We talked about mindset before but never had a system to work on it. Wrestling Mindset guided us through it. We were able to implement it into our practice schedule and train our guys to think and talk about the things holding them back.” - Tim Roberts, Dundee High School.

[Learn more about our Team Programs](#)

[Learn more about our 1 on 1 Programs that help wrestlers peak in the postseason](#)

We would love to speak with you about helping you and your wrestlers reach your goals on the mat, in the classroom, and in life.

Never stop improving!

--Coach Z



Wrestlers, coaches and parents.

**Our mailing address is:**

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