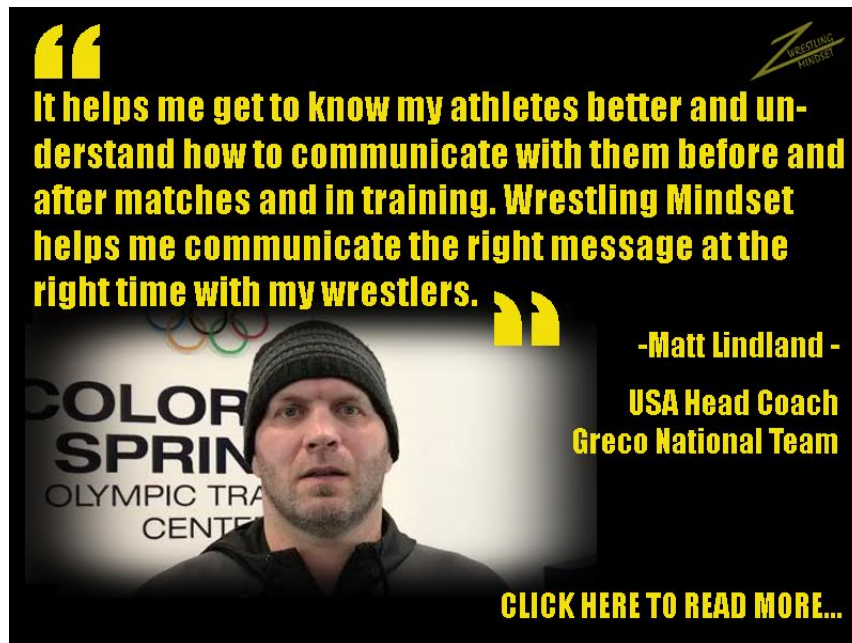


## [4 Wrestling Mindset Lessons that can help every Coach better understand their Wrestlers](#)

A big thanks to the NWCA on having us present again at this year's National Coaches Convention. It is always a great opportunity for us to learn and share great information with coaches from all levels across the nation.



**“**  
**It helps me get to know my athletes better and understand how to communicate with them before and after matches and in training. Wrestling Mindset helps me communicate the right message at the right time with my wrestlers.** **”**

**-Matt Lindland -  
USA Head Coach  
Greco National Team**

**CLICK HERE TO READ MORE...**

During our second Presentation we covered [4 out of our 60 Mindset Exercises](#). The goal is for coaches to better understand their athletes and to get them to maximize their performance.

[Any Coach that is interested in implementing our Wrestling Mindset Team Workshops/Exercises can sign up for a FREE Team Evaluation Here](#)

There is Team Discount for all Teams who Sign up BEFORE SEPTEMBER 1st! Make sure to take advantage of the offer by signing up above.

Never stop believing!  
--Coach Z

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