

Avoid The Most Common Back To School Mistakes

Your Attitude will make all the difference...

Wrestling Mindset's proven systematic approach is designed to bring out the best performance in each student athlete on the mat, socially ***and in the classroom.***

Yes, that is correct! We have expanded our curriculum to not only all other sports but we have also included a new program to bring out the best performances in the classroom. ***Academic Mindset***

[CLICK HERE to check out our newest addition, Academics Mindset.](#)

How you approach this school year mentally will not only determine much of your success academically, athletically and socially, but it will determine much of your overall happiness.

All Wrestling Mindset wrestlers get access to our high school and college academic checklist. As part of our college's mentor program (UPenn) we take each wrestler's approach to academics very seriously.

Remember, it is not just wrestler vs.wrestler but lifestyle vs.lifestyle. School, Wrestling & Social Life all go hand in hand and are part of your training. Make sure you don't neglect any of it.

[Must Read! "10 Rules For The School Year."](#)