

**Your Attitude will make all the difference...**

[Get your Mind Right this school year! Learn the biggest back to school mistakes people make right here.](#)

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.

[For our older wrestlers \(especially college wrestlers\) read these 6 Back to School Mindset Tips which are some hard lessons I learned at an Ivy League school.](#)

**JUMP LEVELS this School year!!**

Don't forget TONIGHT is our Monthly Group Conference Call for all Wrestling Mindset Members at 9pm ET Dial 712-432-3900 and your access code.

[If you haven't yet, NOW is the time to sign up for a free trial session for one of Wrestling Mindset's 1-1 programs. Book a trial here.](#)

**Never stop believing!**

--Coach Z

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