



WINNING
MINDSET

MINDSET PRINCIPLES

1 I AM THANKFUL FOR THE OPPORTUNITY TO COMPETE

2 I AM AGGRESSIVE & RELENTLESS

3 I HAVE NO FEAR OF LOSING OR MAKING MISTAKES

4 I NEVER GIVE UP

SAY ALOUD, AS A GROUP, BEFORE & AFTER EVERY PRACTICE FOR MENTAL REPS | 800-215-3179