

FOR THE WRESTLER: DISC 1

1	Welcome/Intro	:55
2	Perfectionist	1:07
3	Perspective	4:04
4	Don't be a control freak	:40
5	Giving in	:50
6	Rhythm	:22
7	Practice as you intend to play	1:02
8	Expect a difficult road	:53
9	Come out of your shell.....	1:24
10	Practice being tough	1:30
11	What is focus?.....	1:24
12	Fighting Attitude.....	:33
13	Not being afraid to lose	2:41
14	How to watch your video and evaluate your matches.....	1:22
15	Attitude.....	:43
16	Relaxed concentration	2:31
17	How to get psyched up for a wrestling match	2:37
18	Making a decision to win	2:52
19	Be realistic.....	1:56
20	Helping yourself	2:36
21	The approach to winning matches	2:06
22	Putting the pressure on yourself.....	:35
23	Visualizations	1:07
24	Put the glass down.....	:49
25	Learned behaviors	:30
26	I get nervous	1:08
27	Easing into it	2:29
28	Hustle	1:28
29	Pressure	:44
30	Keeping 2 sets of records.....	:47
31	Motivation	1:09
32	Body Language.....	:07
33	Inner Arrogance.....	:49
34	Competitiveness.....	1:34
35	What is mental toughness?.....	:47
36	Keep a hit list	1:30
37	Attitude.....	:15
38	Baby steps.....	:48
39	Breaking your opponent.....	2:33
40	Thinking patterns.....	:07
41	The Big Picture	:33
42	Warm Up	2:24
43	Don't be afraid of winning.....	:16
44	Expectations	1:40

Total running time: 58:52



FOR THE WRESTLER: DISC 2

1	Finding a way to win.....	1:15
2	The number 1 rule	1:09
3	Winning is a habit	:24
4	Positioning.....	:57
5	The importance of staying power.....	1:17
6	Wrestle Smart and Controlled	1:15
7	Focus on your strengths	3:38
8	Becoming elite	1:27
9	Be a skilled wrestler.....	2:11
10	Styles.....	3:42
11	What's your definition of fun?	3:10
12	Pushing Yourself	2:03
13	Having a still mind	1:18
14	Intensity	1:42
15	Talking about things, takes the place of doing them	:55
16	Your desire to win	:29
17	Upset sport of the world	:44
18	Picking practice partners.....	:39
19	Being Aggressive	:41
20	Flow	1:36
21	Give yourself a day off.....	:55
22	Too psyched up.....	2:33
23	Hating your opponent.....	:43
24	Using foundation wrestling.....	1:40
25	Working smart.....	1:36
26	Drilling	1:34
27	How to lose.....	:56
28	Game day nutrition	2:00
29	Getting ready for the match.....	3:39
30	Next Level wrestling.....	2:25
31	Tactical Wrestling.....	2:16
32	Having a second gear	1:02
33	Wrestle to win.....	:43
34	Win big, lose big	1:26

Total running time: 54:32

FOR THE COACH DISK 3

1	Confident talk.....	2:05
2	What to choose.....	3:12
3	Burn out in wrestling	1:27
4	Self fulfilling prophecy	1:48
5	Use the internet	1:22
6	Weight cutting.....	1:35
7	Coaches don't kill'em	3:09
8	Don't be a coaching spaz	:56
9	Over coaching	3:49
10	Follow a plan	4:54
11	Boring Practices	:17
12	Realistic coaching.....	1:46
13	All business in practice.....	1:02
14	Dealing with a rowdy wrestling room .	4:03
15	Running	1:55
16	Under teach, over drill	1:51
17	Have matches built into practices.....	1:13

FOR THE DADS/PARENTS DISK 3

18	Relax.....	3:16
19	Crazy Dad's	6:49
20	Let it rest	1:16
21	Work out partners	:36
22	How he feels.....	:36
23	Hire your high school coach	1:43

Total running time: 50:59