



Combat Mindset Solutions
YOUR NEW JOURNEY STARTS HERE.

NEWSLETTER

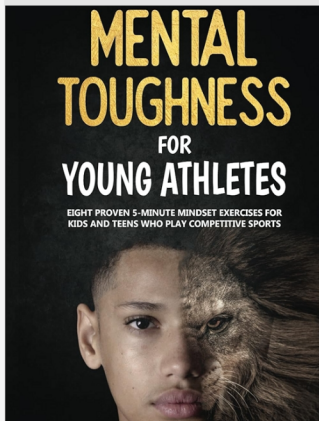
ISSUE 1

MENTAL TOUGHNESS FOR
YOUNG ATHLETES COURSE

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FIRST GRADUATES

Combat Mindset Solutions is excited to announce that our very first group of young athletes has officially completed our pilot mental and physical strengthening program! To celebrate our 1st graduating squad, we're hosting a special celebration event just for them. During the event, one of our five amazing graduates will be selected in a raffle to receive a one-year athletic scholarship to the gym of their choice. Stay tuned —event date and time coming soon!



MENTAL TOUGHNESS FOR YOUNG ATHLETES

THE COURSE BEGAN IN SEPTEMBER 2024 AND ENDED IN NOVEMBER 2024.

MENTAL STRENGTHENING 8-WEEK PROGRAM:

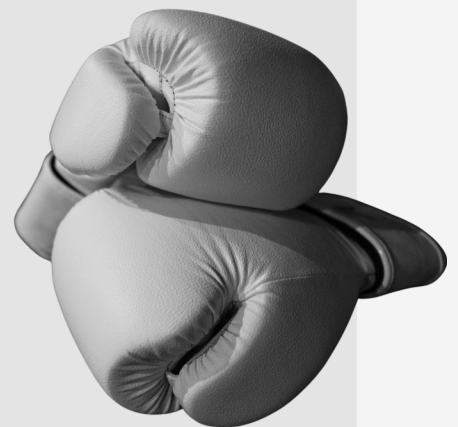
- 8 YOUTH SIGNED UP
- 5 YOUTH COMPLETED THE PROGRAM.

ALL MENTAL STRENGTHENING PROGRAMS ARE FREE FOR ALL YOUTH

PROGRAM: NEXTGEN BOXERS

THE PROGRAM CONSISTED OF TRAINING
(BOXING CLASSES):

- 6 PAID OUT OF POCKET
- 3 HAD ATHLETIC SCHOLARSHIPS



Reference:

Horne, M., & Horne, T. (2020). Mental Toughness For Young Athletes. Buggily Group Inc.