

GENERAL ASSEMBLY OF NORTH CAROLINA  
SESSION 2025

H.B. 1190  
Apr 30, 2026  
HOUSE PRINCIPAL CLERK

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HOUSE BILL DRH30595-NGa-164A

Short Title: Mindset Advantage Pilot Program.

(Public)

Sponsors: Representative K. Brown.

Referred to:

1 A BILL TO BE ENTITLED  
2 AN ACT TO ESTABLISH THE MASTER'S LEAGUE ATHLETE MINDSET ADVANTAGE  
3 PILOT PROGRAM AND TO APPROPRIATE FUNDS FOR THAT PURPOSE.

4 The General Assembly of North Carolina enacts:

5 **SECTION 1.(a)** Program Established; Purpose. – There is established the Master's  
6 League Athlete Mindset Advantage Pilot Program (Program) for the 2026-2027 school year. The  
7 purpose of the Program is to promote mental performance, emotional wellness, and resilience  
8 among student-athletes through a structured, preventative model of support. The Program shall  
9 provide mandatory mindset and wellness sessions, coordinated support services, and  
10 collaboration among mental health professionals, coaches, physicians, and athlete mentors to  
11 equip student-athletes with strategies to manage stress, strengthen coping skills, improve  
12 performance readiness, and support overall well-being

13 **SECTION 1.(b)** Participating Schools. – The following schools may elect to  
14 participate in the Program:

- 15 (1) West Forsyth High School.
- 16 (2) Ronald Wilson Reagan High School.
- 17 (3) Mount Tabor High School.

18 **SECTION 1.(c)** Program Structure. – The Program shall consist of at least the  
19 following components:

- 20 (1) Mandatory participation in mindset sessions for all student athletes at each  
21 participating school that elects to participate in the Program.
- 22 (2) Two mindset sessions per academic quarter, totaling eight sessions.
  - 23 a. Mindset sessions shall be led by mental health professionals.
  - 24 b. Subject to parental approval, one-on-one sessions for support when  
25 needed.

26 **SECTION 1.(d)** Surveys. – The Masters League shall administer anonymous  
27 surveys throughout the course of the Program. The surveys shall be completed by student-athletes  
28 at intervals determined by the program and shall not collect personally identifiable student  
29 information. The Masters League shall compile and maintain aggregated survey results and shall  
30 submit those results to Winston-Salem/Forsyth County Schools for evaluation purposes. Both  
31 Winston-Salem/Forsyth County Schools and the Masters League may use the aggregated results  
32 to assess program effectiveness, identify areas for improvement, and measure student-athlete  
33 outcomes. Surveys shall assess at least the following:

- 34 a. Whether the athlete's self-reported mental health has improved.
- 35 b. Whether the athlete used mental health resources outside of those  
36 offered as part of the Program.



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1 c. Coping or emotional regulation strategies used by the athlete.

2 **SECTION 1.(e)** Report. – Winston-Salem/Forsyth County Schools shall report to  
3 the Joint Legislative Education Oversight Committee on the aggregated results of surveys  
4 administered pursuant to subsection (d) of this section and the following:

- 5 (1) How Program funds were spent.
- 6 (2) A detailed description of how the Program functioned in practice.
- 7 (3) Recommendations regarding expanding the Program into future school years  
8 or additional schools.
- 9 (4) Recommendations for changes to the Program.

10 **SECTION 1.(f)** Appropriation. – There is appropriated to the Department of Public  
11 Instruction the sum of one hundred eighty thousand dollars (\$180,000) in nonrecurring funds for  
12 the 2026-2027 fiscal year to provide a directed grant to The Master's League Foundation for  
13 Boys, Inc., to implement the Program. Funds appropriated in this section shall be used for costs  
14 associated with the implementation and administration of the Program, including mandatory  
15 mindset and wellness sessions, professional services, program coordination, athlete mentor  
16 support, evaluation, administrative expenses, and other costs necessary to carry out the Program.  
17 Up to thirty thousand dollars (\$30,000) appropriated in this section may be used for costs  
18 associated with securing and operating an off-site facility for the Program.

19 **SECTION 2.** This act becomes effective July 1, 2026.