

PREPARATION CHECKLIST

Reflect on all the ways you've been building your confidence.

It's time to remind yourself why you're ready. Check off everything you've done to prepare! Feel free to adjust the checklist to fit your needs - whether it's mental skills, physical training, or any other area you want to focus on!

Physical Training

- ☐ I have consistently practiced (*e.g. 5 days per week*).
- ☐ I have been training to improve skills (*e.g. strength work, conditioning, skills*).
- ☐ I have prioritized recovery (*stretching, foam rolling, athletic trainer visits*).

Fuel & Hydration

- ☐ I have followed my nutrition plan to fuel my body properly.
- ☐ I have stayed hydrated and maintained my energy levels.
- ☐ I have a solid game-day fueling plan (*pre-game meal/snack + post-game recovery*).

Mental Game

- ☐ I have practiced my mental skills (*visualization, positive self-talk, breathing exercises*).
- ☐ I have reviewed my game plan and strategy.
- ☐ I have a go-to self-talk phrase to keep me focused and confident.

Sleep & Rest

- ☐ I have gotten **8-9 hours** of quality sleep each night.
- ☐ I have managed stress by doing things I enjoy (*reading, music, light stretching*).
- ☐ I have limited screen time before bed to improve sleep.



Final Check-In:

- What's one thing I'm most proud of in my preparation?
- What's my biggest strength going into this competition?
- What's one thought I can focus on if I start feeling nervous?