



## Pre-Competition Plan

What is the Mission or Purpose of the Competition? (Is it to perform new skills, control composure, practice staying focused, use Cue Words, etc?)

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What Physical Goals do you want to work? (What physical corrections can you improve from last competition)

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General Mental Goal for the competition? (Refocus after Distractions, Use Relaxation Techniques, Remain Composed, etc.)

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Create a Theme: (Do you want to BE BRAVE, WORK FROM BEGINNING TO END, FIGHT, WORK, STAY CALM, etc.)

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Refocus Plan for Distractions: (What is your plan to Acknowledge the Distractions, Accept the Distraction and create a Refocus Statement, and Refocus on what you want to do.)

Acknowledge:

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Accept:

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Refocus Statement:

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Refocus on what you want to do:

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State your Optimal Arousal State. What techniques will you use to either get energized or become more relaxed?

<u>Technique</u>	<u>OAS</u>	<u>Technique</u>
to get pumped up when you are Under Aroused	Optimal Arousal	to calm down when you are Over Aroused

**Commit to:**

Example:

Empowering Self-Talk

Mental Choreography

Trust in training

Trust in yourself

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