



Post-Competition Review

After every competition, review what worked so you can repeat, and what didn't work and you can adjust for next time.

What worked that you want to repeat for next competition?

What do you want to improve for the next competition?

Did you use your:

Cues	Key Words	Breathing	Arm Sets
Self-Talk	Refocus	Visualization	Music

What can you do in training to help improve:

Focus:



Refocus after distractions or mistakes:

Trust:

Confidence:

Rate Effort:

1 2 3 4 5 6 7 8 9 10
Low High

Rate Commitment:

1 2 3 4 5 6 7 8 9 10
Low High

Rate Progress:

1 2 3 4 5 6 7 8 9 10
Low High