



Post-Competition Review

PHYSICAL REVIEW

What were your physical goals for the competition?

How did you feel going into the competition?

1	2	3	4	5	6	7	8	9	10
completely relaxed									extremely nervous

TUMBLING:

What were your goals for TUMBLING?

How did you feel going into TUMBLING?

1	2	3	4	5	6	7	8	9	10
completely relaxed									extremely nervous

Did you perform to “not fall” or did you perform to “hit”

1	2	3	4	5	6	7	8	9	10
don't want to fall									performed to hit

What do you think you did well on TUMBLING?

What do you want to improve for next competition?

STUNTING:

What were your goals for Stunting?

How did you feel going into Stunting?

1	2	3	4	5	6	7	8	9	10
completely relaxed									extremely nervous

Did you perform to “not fall” or did you perform to “hit”

1	2	3	4	5	6	7	8	9	10
don't want to fall									performed to hit

What do you think you did well on Stunting?

What do you want to improve for next competition?



TOSSES:

What were your goals for Tosses?

How did you feel going into Tosses?

1	2	3	4	5	6	7	8	9	10
completely relaxed									extremely nervous

Did you perform to “not fall” or did you perform to “hit”

1	2	3	4	5	6	7	8	9	10
don't want to fall									performed to hit

What do you think you did well on tosses?

What do you want to improve for next competition?

DANCE AND PERFORMANCE:

What were your goals for Dance and performance?

Did you perform to “not fall” or did you perform to “hit”

1	2	3	4	5	6	7	8	9	10
don't want to make mistakes									performed with a fierce attitude

What do you think you did well on dance and performance?

What do you want to improve for next competition?



MENTAL GOALS

What were your mental goals for the competition?

Were you able to stay focused on what you wanted to do?

What distracted you?

Were you able to refocus on what you wanted to do?

TUMBLING:

What were your mental goals for the competition?

Were you able to stay focused on what you wanted to do?

What distracted you?

Were you able to refocus on what you wanted to do?

STUNTING:

What were your mental goals for the competition?

Were you able to stay focused on what you wanted to do?

What distracted you?

Were you able to refocus on what you wanted to do?

TOSSES:

What were your mental goals for the competition?

Were you able to stay focused on what you wanted to do?

What distracted you?

Were you able to refocus on what you wanted to do?

DANCE AND PERFORMANCE:

What distracted you?

Were you able to perform with a fierce attitude?