



Pre-Competition Plan

What is the Mission or Purpose of the Competition?

Is it to perform new skills, improve from the past competition, control composure, practice staying focused, dealing with distractions, handling pressure, etc.

What Physical Goals do you want to work for on each section of the routine?

Is it to finish each stunt strong and solid, show all body positions with precision, stick landings on tumbling, or compete fixes that were trained in practice? Is it to improve on performance with straight legs, pointed toes, hit body shapes, or expression in dance?

TUMBLING

STUNTS

TOSSES/PYRAMID

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

General Mental Goals for the competition?

Is it to Refocus after Distractions, Use Relaxation Techniques, Remain Composed, etc.



Create a Team and Personal Theme:

Do you want to BE BRAVE, WORK FROM BEGINNING TO END, FIGHT, WORK?

DISTRACTIONS: What can cause worry, doubts, overthinking, or fear at this competition? Come up with all the situations that can cause you to become distracted.

Is it thinking about winning, jackets, rings, or titles? Is your *former* team, coach, or teammates going to be there? Are you worried about falling? Do you compete early in the morning or late at night? Are you in first after the first day and feel like you must be perfect the second day? Did you make mistakes after the first day and feel you must be perfect the second day? Do you worry your team will judge them for your performance? Is the floor hard? Are you after a really good team? Are other teams intimidating you?



Decide if there is anything you can do about the distraction. If you can do something about it, then create a plan. If you can't do anything about it, then you will Acknowledge it, Accept it, and Refocus on what you CAN do.

Example:

The cheerleader is worried because their former team will be at the competition. They may feel pressure to hit and look good. At this point they will have two choices; 1. Continue to worry, doubt in their training, and perform carefully or 2. Focus on what they CAN do to HIT. Performing carefully causes them to go slow, change timing, lean forward, etc. This behavior is more likely to cause more wobbles and falls. If they don't want to fall, focusing on falling or not falling doesn't help. If they don't want to fall, they can think about what they CAN do to HIT. They can think about what successful stunts, tumbling passes, etc. feel, look, and sound like. How do they feel when they are hitting in practice? What do they think about when they HIT?

Acknowledge the distraction: (I am worried about falling in front of my former team.)

Accept: (Worrying won't help. They are here, I can't do anything about it, so I will focus on what I CAN do to HIT.)

Refocus Statement: (I GOT THIS; FIGHT AND WORK FOR EVERYTHING.)



Refocus on what you want to do: (Stand up tall on my stunt, show my positions. Be patient on my tumbling, feel the timing, feel the set, feel the punch, land strong.)

Commit to:

Empowering Self-Talk
Focus on how to HIT
Trust in training

Trust in your team
Trust in your coach
Trust in yourself

What Relaxation tools will I use:

Breathing
Mental Rehearsal
Music

Prayer or Spiritual Trust
Meditation
Walk Throughs

Notes:

GOOD LUCK!!!