



GAMEDAY MENTAL PREP

CHECKLIST



***COACH
KAM***

LET'S GET STARTED!

Here is your game day check in that you can fill out before competition (I recommend anywhere from 1 week to 2 days before). There are so many different feelings and stressors associated with competition. The athletes that keep their energy in check and flow with the chaos can perform their best on competition days. This check in sheet will help you focus on bettering your comp experience and keep you on track to keep improving. One thing to remember is competition is NOT training. If you start thinking that you should feel 100% while competing, or the same way you felt in practice, you will be fighting an uphill battle. The two environments are two different things, but that is what lets us do extraordinary things! Adding the pressure and nerves **WILL** help! Step 1 is to accept it. **Let's get it!**

- Coach Kam

EVENT DATE / TIME

LIST WHAT EVENT YOU ARE PARTAKING IN AND WHAT THE TIME OF COMPETITION IS SO YOU CAN PLAN AROUND AND ADJUST BASED ON IF TIME FRAMES CHANGE.

1

OK

PLAN

I WANT YOU TO LIST WHAT THE POINT OF TODAY IS. HAVING A STRONG PLAN CONSISTS OF TECHNIQUES, MOVES, OR STRATEGIES THAT YOU WILL WORK TO EXECUTE IN ADDITION TO WHAT YOU WANT WHILE YOU ARE PERFORMING. THIS COULD BE AS SIMPLE AS “STAYING IN THE MOMENT REGARDLESS OF THE OUTCOME, FOCUSED IN HOW TO RESPOND TO BEING IN THE LEAD OR MAKING A COMEBACK. THIS WILL ALLOW YOU TO STAY CALM AND COMPOSED IN THE MOMENT OF DISRUPTION RATHER THAN PERFORMING FROM EMOTIONAL RESPONSES TO DIFFERENT SITUATIONS.


TECHNICAL**PERSONAL**[illegible]

WARM UP

YOUR WARMUP SHOULD HAVE 2 PARTS: PHYSICAL AND MENTAL. FOR ELITE ATHLETES YOUR PHYSICAL WARM UP MAY HAVE ATHLETIC AND SPORTS SPECIFIC SECTIONS WHICH IS PERFECT. IDENTIFY WHAT YOUR IDEAL WARM

UP IS HERE AND HOW LONG IT TAKES (IF YOUR WARM UP IS THE SAME AS BEFORE; MAKE NOTES OF THINGS YOU CHANGE OR HOW TO EXTEND OR SHORTEN IT DEPENDING ON HOW MUCH TIME YOU MIGHT HAVE, OR SOMETHING

I. DURATION/ EXERCISES/ STRETCHES/ SPORTS SPECIFIC MOVEMENTS



I Mental prep can have many different forms; for the focal point of this sheet we want to highlight confidence and feeling your absolute best going out to compete. When we reference confidence in a competitive environment it can be easy to begin doubting yourself. Focus on these three parts to boost your confidence and stay grounded in your competition flow.

2. CONFIDENCE PREP (SPEECH/TEXT)

THE PROMPT HERE WOULD BE TO GIVE EVERY REASON TO YOURSELF THAT TODAY IS A GREAT DAY FOR COMPETITION! QUOTES, PERSONAL STATEMENTS, AND REMINDERS OF ALL THE WORK YOU HAVE PUT IN TO COMPETE ARE GREAT WAYS TO BUILD REASONS FOR WHY YOU DESERVE TO DO YOUR SPORT AT THE HIGHEST LEVEL YOU CAN!

OK

3. SPIRITUAL / GRATITUDE

THE NEXT PIECE REVOLVES AROUND GROUNDING PURPOSES. SOME ATHLETES ARE VERY SPIRITUAL AND MAY GO THROUGH PRAYER BEFORE THEY COMPETE. OTHERS WHO PREFER NOT TO WOULD REMIND THEMSELVES OF THINGS THEY ARE GRATEFUL FOR AS SPORTS ARE A GIFT TO US AND BEING ABLE TO COMPETE IS A PRIVILEGE. HERE PUT DOWN YOUR FAVORITE VERSE OR BULLET POINT 3-5 THINGS YOU ARE GRATEFUL FOR.



4. HIGHLIGHT REEL

THE FINAL PART OF THE MENTAL WARM UP CONSISTS OF A DRILL TO REINFORCE THE THINGS YOU WANT TO PERFORM! I WANT YOU TO IMAGINE YOURSELF GOING ON TO YOUTUBE AND THE FIRST SUGGESTED VIDEO IS A HIGHLIGHT REEL OF YOU PERFORMING AT THE ABSOLUTE BEST LEVEL IN COMPETITION. YOU ARE UNTOUCHABLE IN THIS VIDEO AND ARE PERFORMING THE DIFFERENT THINGS YOU HAVE BEEN WORKING ON THE PRACTICE PERFECTLY. THE VIDEO IS ONLY 2 MIN LONG (DON'T LET YOURSELF GET DISTRACTED) AND WHEN YOU OPEN YOUR EYES YOU HOLD ONTO THE SAME FEELINGS YOU HAD WHEN WATCHING THE PERSONAL HIGHLIGHT VIDEO!



GOALS

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GOALS

A large, stylized, light orange letter 'K' is centered on a white background with horizontal black lines. The 'K' is formed with thick, smooth strokes, giving it a calligraphic or brush-painted appearance. It is positioned in the upper half of the page, with its top reaching near the top of the first few lines and its base extending down to the middle of the page. The background consists of approximately 20 horizontal black lines spaced evenly apart.



QK

CLOSING

Your preparation - both mental and physical - sets the foundation for success. By sharpening your techniques, strengthening your mindset, and staying disciplined in your training, you have already won half the battle.

Before you step onto the mat, take a deep breath, focus on your goals, and trust in your skills. Stay calm, stay sharp, and stay adaptable. Win or lose, every match is a lesson that makes you stronger.

