

Name: _____ Per _____ Date: _____

Routines

Worksheet 10

Design your pre-competition routine. This routine needs to be thorough, detailed, and cover every physical element you need to address prior to beginning the competition. Realizing that pre-event routines start well in advance of an important competition, begin this as early as you need to and describe each physical step you can do to prepare.

This will most likely start the night prior to competition. The routine should be one that is repeatable, focusing on what you do to get ready for every aspect of your upcoming competition.

Evening Before:

- 1)
- 2)
- 3)
- 4)
- 5)
- 6)
- 7)
- 8)
- 9)
- 10)

Day of Competition:

- 1)
- 2)
- 3)
- 4)
- 5)
- 6)
- 7)
- 8)
- 9)
- 10)

Immediately Prior to Competition:

- 1)
- 2)
- 3)
- 4)
- 5)
- 6)
- 7)
- 8)
- 9)
- 10)