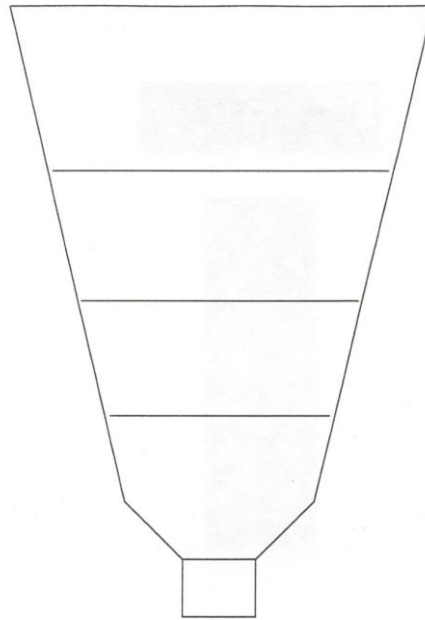


Performance Routines

There are many factors to consider when preparing for competition. You want to strive to be well rested, hydrated, and have your nutritional needs met. Furthermore, you want to have all of your equipment organized and ready to go. Once you have taken care of these basics, then you focus on preparing mentally.

Mental preparation is critical to good performance. If you are haphazard in how you prepare mentally, you are likely to perform inconsistently and will seldom reach your full potential. The purpose of having a performance routine is to get yourself ready to play. A good performance routine is a simple and controllable plan of action that you consistently follow to get yourself properly activated, in a positive emotional state, and focused on the task at hand.



Ready to Play

Activation
Emotion
Focus

Take some time to think about what you have done to mentally prepare for some of your best performances in the past. It might also be helpful to talk with your teammates, coaches, or a sport psychologist to identify some other ideas you have not thought of yourself. With this information, develop a personalized mental preparation plan that you can use to guide yourself as you prepare mentally for future performances. Here are some ideas to consider:

Night Before

- Eat and hydrate like a champion
- Think through your game plan or strategy
- Engage in positive self-talk to create confidence, enjoyment, and optimism
- Use imagery to mentally rehearse how you hope to compete
- Utilize a relaxation exercise prior to sleep
- Sleep 7-9 hours

Game Day

- Eat and hydrate like a champion
- Briefly review game plan
- Imagine yourself executing your game plan
- Remind yourself that you are ready to compete
- Stay active – mentally, physically, and socially
- Prepare your body – Rest, nap, conserve energy, move, and stretch

Pre-Game

- Eat and hydrate like a champion
- Arrive on time
- Listen to music that creates positive energy and emotion
- Physical preparation – Pre-game treatment and stretching
- Interact with teammates and coaches to eliminate overthinking

Game Time

- Focus on having a good warm-up
- Power posing – Get big and powerful in how you carry yourself physically
- Engage in mindful breathing to stay centered in the present moment
- Briefly imagine yourself competing your best
- Smile and remind yourself that you get to compete
- Trust – “Let it Happen”



Maximize performance by choosing to be intentional about your preparation...Get yourself ready to play!

Ron Chamberlain, Ph.D.

Director of Counseling and Sport Psychology
Southwest Orthopedics and Sports Medicine
652 South Medical Drive, Suite 120
St. George, Utah 84790
(435) 251-3600
ronald.chamberlain@imail.org