



Competition Preparation Profile

These questions are designed to help you reflect on your competitive experiences over the last few seasons and develop your Competition Preparation Plan.

THINK OF YOUR **BEST** PERFORMANCE WITHIN THE LAST TWO SEASONS AND RESPOND TO THE FOLLOWING:

How did you feel before competing?

No determination to achieve goal	0 1 2 3 4 5 6 7 8 9 10	Completely determined
No physical activation	0 1 2 3 4 5 6 7 8 9 10	Highly physically activated
No worries or fears	0 1 2 3 4 5 6 7 8 9 10	Extremely worried or afraid
Mentally calm	0 1 2 3 4 5 6 7 8 9 10	Mentally uptight
No confidence	0 1 2 3 4 5 6 7 8 9 10	Complete confidence

What were you saying to yourself (thinking) or focusing on **just before** the competition?

What were you saying to yourself (thinking) or focusing on **during** the competition?

How much were you focused on the competition as compared to the result of the competition?

THINK OF YOUR **WORST** PERFORMANCE WITHIN THE LAST TWO SEASONS AND RESPOND TO THE FOLLOWING:

How did you feel before competing?

No determination to achieve goal	0 1 2 3 4 5 6 7 8 9 10	Completely determined
No physical activation	0 1 2 3 4 5 6 7 8 9 10	Highly physically activated
No worries or fears	0 1 2 3 4 5 6 7 8 9 10	Extremely worried or afraid
Mentally calm	0 1 2 3 4 5 6 7 8 9 10	Mentally uptight
No confidence	0 1 2 3 4 5 6 7 8 9 10	Complete confidence

What were you saying to yourself (thinking) or focusing on **just before** the competition?

What were you saying to yourself (thinking) or focusing on **during** the competition?

How much were you focused on the competition as compared to the result of the competition?

COMPARE YOUR RESPONSES FROM YOUR BEST AND WORST PERFORMANCES AND THEN RESPOND TO THE FOLLOWING BY INDICATING HOW YOU WANT TO FEEL IN THE FUTURE BEFORE AND DURING A COMPETITION.

No determination to achieve goal	0 1 2 3 4 5 6 7 8 9 10	Completely determined
No physical activation	0 1 2 3 4 5 6 7 8 9 10	Highly physically activated
No worries or fears	0 1 2 3 4 5 6 7 8 9 10	Extremely worried or afraid
Mentally calm	0 1 2 3 4 5 6 7 8 9 10	Mentally uptight
No confidence	0 1 2 3 4 5 6 7 8 9 10	Complete confidence

What will you say to yourself (thinking) or focus on **just before** the competition?

What will you say to yourself (thinking) or focus on **during** the competition?

How much will you focus on the competition as compared to the result of the competition?