Post Competition

”Without reflection, we go blindly on our way, creating more unintended consequences, and failing to achieve anything useful.”
- Margaret J. Wheatley

” By three methods we may learn wisdom: First, by reflection, which is noblest; Second, by imitation, which is easiest; and third by experience, which is the bitterest.”
- Confucius

Please rate the following between 1 and 5 with 5 being the best and 1 being the worst:

How were your energy levels heading into the competition? _____

How did you sleep the night before the competition(s)? _____

How did you feel about the meals/snacks you ate during the competition(s)? _____

How prepared did you feel heading into the competition(s)? _____

Please answer the following questions:

How was my preparation coming into tournament?

How did I handle my emotions?

What will make me better at my next competition?

What do I need to specifically work on?

What did I learn?

Weekly Goals

"I don't focus on what I'm up against. I focus on my goals and I try to ignore the rest."
- Venus Williams

Weekly Goals:

1.

2.

3.

How am I going to improve?

How can I measure my effort?

What drills can we do to help achieve my goals?