

5 Core Questions Post-Competition

Hoog, 2002, p.186

1. What Happened exactly?...for you... for the team?
2. What is the impact of your performance on you?...on the team?
3. How did your performance make you feel?
4. What did you learn- technically, physically, tactically and mentally?
5. What are you encouraged to repeat or do differently for the next meet/competition?