Appendix: The Post-Event Reflection

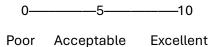
Name:

Practice or Competition (indicate opponent or event):

Date:

Performance Statistics:

1. HOW WOULD YOU RATE YOUR PERFORMANCE TODAY?



2. REINFORCING STRENGTHS & MAKING ADJUSTMENTS

Technically

- What worked well for you today?
- What did not work so well for you today?
- · What adjustments do you need to make?
- How will you make the adjustments?

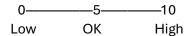
Strategically

- What worked well for you today?
- What did not work so well for you today?
- What adjustments do you need to make?
- How will you make the adjustments?

Mentally

- What worked well for you today?
- What did not work so well for you today?
- What adjustments do you need to make?
- How will you make the adjustments?

3. RATE YOUR MENTAL ATTRIBUTES TODAY (Provide # ranking and brief written description)



Concentration

Confidence

Composure

Commitment

Resiliency

Mindfulness

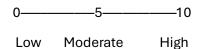
Self-Talk

Imagery

Attitude

Body Language

4. HOW WAS YOUR LEVEL OF ACTIVATION/AROUSAL TODAY? (Provide # ranking and brief written description)



- a. During warm-up
- b. Just before practice/competition
- c. During practice/competition
- 5. HOW WELL DID YOU START AND FINISH?
- 6. WHAT DID YOU LEARN ABOUT YOURSELF TODAY?
- 7. WHAT DID YOU DO TODAY TO MAKE YOUR TEAMMATES BETTER?
- 8. ANYTHING ELSE YOU WANT TO NOTE?