



Pre-Performance Routine:

Use this guide to create a plan that incorporates the pre-practice and pre-game factors that are important for your optimal performance:

1. *Night Before Practice or Game*
 - a. How should I be preparing?
 - b. How much sleep should I get?
 - c. What should I eat?
 - d. What should I drink?

2. *Practice Day or Game Day*
 - a. What should I eat?
 - b. What should I drink?
 - c. Who do I need to talk to?
 - d. Who do I need to *not* talk to?
 - e. What pre-games activities help me perform better (e.g., being alone, joking around with teammates, listening to music)?

3. *10 Minutes Before Practice or Game*
 - a. Is my energy level right (too tired, too anxious, too hyper)? If yes, great. If no, how do I get to my optimal energy level?
 - b. What's best for me to think about?

