

# THE RELAXED ATHLETE

## My Pre-performance Gymnastics Routine

Phase	Strategy	Your Mental Game Tasks	Sports-Specific Tasks
<b>Prior to pre-performance routine</b>	<b>Expel pressure-packed expectations</b>	<ul style="list-style-type: none"> <li>☑ Identify your expectations about the program two to three hours prior to the program</li> <li>☑ Replace your expectations with process goals for upcoming program</li> </ul>	<ul style="list-style-type: none"> <li>☑ Check floor music</li> </ul>
<b>Arrive at gym</b>	<b>Calm your inner chatter</b>	<ul style="list-style-type: none"> <li>☑ Recognize when you are engaging in inner chatter quickly</li> <li>☑ Refocus your mind on the pre-skate warm up</li> </ul>	<ul style="list-style-type: none"> <li>☑ Check in</li> </ul>
<b>General Warm-up</b>	<b>Take control of your confidence</b>	<ul style="list-style-type: none"> <li>☑ Review your confidence resume one hour prior to the program</li> <li>☑ Shoot down any last minute doubts you may have about the program</li> </ul>	<ul style="list-style-type: none"> <li>☑ Go through warm up routine</li> </ul>
<b>Vault Warm-up</b>	<b>Rehearse your performance</b>	<ul style="list-style-type: none"> <li>☑ Use mental imagery to rehearse your program.</li> <li>☑ Use coping imagery to rehearse potential challenges you may see in the program.</li> </ul>	<ul style="list-style-type: none"> <li>☑ Take deep breaths to relax</li> </ul>
<b>Uneven Bars Warm-up</b>	<b>Focus on the process</b>	<ul style="list-style-type: none"> <li>☑ Keep your mind on preparation during your warm up</li> <li>☑ Know what cues to stay focused on during the program</li> <li>☑ Set one or two process goals for today's program</li> </ul>	<ul style="list-style-type: none"> <li>☑ Warm up all parts of performance</li> <li>☑ Set process goals</li> </ul>
<b>Floor Warm-up</b>	<b>Prepare your mind to win ugly</b>	<ul style="list-style-type: none"> <li>☑ Forget about proper technique during the warm up</li> <li>☑ Do not assess the quality of your warm up</li> <li>☑ Remind yourself to perform with a functional mindset – win ugly</li> </ul>	<ul style="list-style-type: none"> <li>☑ Rehearse your performance</li> <li>☑ Take mind off program</li> <li>☑ Relax with breathing</li> </ul>
<b>Balance Beam Warm-up</b>	<b>Embrace the pregame butterflies</b>	<ul style="list-style-type: none"> <li>☑ Interpret excitement as a sign you are ready to compete</li> <li>☑ Embrace the pre-skate butterflies as helpful to your performance</li> <li>☑ Use the added intensity to help you focus better</li> </ul>	<ul style="list-style-type: none"> <li>☑ Walk through program with coach</li> <li>☑ Focus on program</li> </ul>