

THE RELAXED ATHLETE

My Pre-performance Skating Routine

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