



## OAKHURST SHOW TEAM POST-COMPETITION ANALYSIS WORKSHEET

Rider Name: \_\_\_\_\_

Horse Name: \_\_\_\_\_

Competition Name: \_\_\_\_\_

Date: \_\_\_\_\_

What was your performance goal for this competition?

Do you feel you achieved your goal? ☐ Yes ☐ No ☐ Somewhat

Before the competition, did you feel prepared:

- |               |                          |     |                          |    |                          |          |
|---------------|--------------------------|-----|--------------------------|----|--------------------------|----------|
| • Physically  | <input type="checkbox"/> | Yes | <input type="checkbox"/> | No | <input type="checkbox"/> | Somewhat |
| • Technically | <input type="checkbox"/> | Yes | <input type="checkbox"/> | No | <input type="checkbox"/> | Somewhat |
| • Tactically  | <input type="checkbox"/> | Yes | <input type="checkbox"/> | No | <input type="checkbox"/> | Somewhat |
| • Mentally    | <input type="checkbox"/> | Yes | <input type="checkbox"/> | No | <input type="checkbox"/> | Somewhat |

Do you have a pre-competition routine? ☐ Yes ☐ No

If yes, did you follow it? ☐ Yes ☐ No ☐ Somewhat

What three words would best describe how you felt immediately before competing?

\_\_\_\_\_

What are several things you feel you did well today:

Before the competition, did you feel well rested? ☐ Yes ☐ No

During the competition, did you feel well hydrated? ☐ Yes ☐ No

Did you follow a nutrition plan before and during the competition? ☐ Yes ☐ No

What three words would best describe how you felt directly after competing?

\_\_\_\_\_

What are one or two things you would like to improve about how you performed today:

What were the most rewarding aspect of today's competition experience:

What do you hope to improve on for the next competition:

Who was your support team at today's competition:

Did you have fun? ☐ Yes ☐ No

