



## OAKHURST SHOW TEAM PRE-COMPETITION ROUTINE WORKSHEET

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

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

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

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

### DAY BEFORE:

What tasks relating to tomorrow's competition need to get done today for myself:

What tasks relating to tomorrow's competition need to get done for my horse:

What time do I want to have all the above tasks complete? \_\_\_\_\_

What food and drinks do I have packed for tomorrow? \_\_\_\_\_

\_\_\_\_\_

What's for dinner tonight? \_\_\_\_\_

What time am I going to go to bed? \_\_\_\_\_

Why am I competing tomorrow? \_\_\_\_\_

\_\_\_\_\_

What is my targeted outcome for tomorrow's competition? \_\_\_\_\_

\_\_\_\_\_

What are some ways I can stay positively focused on my goals tomorrow? \_\_\_\_\_

\_\_\_\_\_

Who in my support team can I draw on to help remind me of my strengths?

\_\_\_\_\_



## COMPETITION DAY:

What time is my alarm set for? \_\_\_\_\_

What's for breakfast? \_\_\_\_\_

My routine 3 – 2 hours before I compete:

My routine 2 – 1 hours before I compete:

My routine 1 hour – start of competition:

---

Some tools in my toolbox that I am going to use to get to my best performance:

- ☐ Visualize today's competition going well!
- ☐ Remind myself why I chose to compete and be grateful for it.
- ☐ Progressive Relaxation
- ☐ Deep Breathing
- ☐ Positive Self-Talk
- ☐ Communication with my team

*Breathe... trust your training and remember, you can't control everything, but you can control how you think, act and feel!*

