



TAKE TIME TO RELAX AND VISUALIZE YOUR GAME

Here are "Six quick tips to mentally prepare for the Big Game":

1. Take some time the night before your competition to relax and visualize your game or event. Whether it is five or twenty minutes, picture yourself successfully completing your activity in a positive way. Psychological research has found that when athletes positively visualize themselves completing their event, they have a much greater chance of success.
2. Before going to bed the night before your competition, write down all of the negative thoughts you may have about yourself and throw them away. Then, make a list of all of the positive reasons you will succeed and tape them next to your bed. Make this list the last thing you see before you go to sleep and the first thing you see when you wake up.
3. Make sure you give yourself twenty extra minutes in the morning before you leave for your event. This will give you the extra time to physically get everything together to take with you and will give you the extra time to get to your event in case of delays from weather or traffic.
4. When you get to your event, have a home base for your equipment bag or have a special place you can go to if you need extra time to not only physically stretch out, but to mentally relax and visualize yourself being successful. If you can, get to the actual physical location of your event early enough to see yourself succeeding. If it is a soccer field, basketball court or baseball diamond, actually go out onto the field or court and picture yourself succeeding. Imagine what the sensations will be like for you when you are in the game. What will you hear, see, smell and even taste when you are in the game.
5. Make sure you visualize yourself in all kinds of situations in your event. What will it be like if you are ahead, behind or tied. How will you feel and what will you do to compete to your best level. Remember the main focus has to be on you, not on your opponent. Have a consistent routine that you use that works for you and use it every time you get ready to compete. It will assist you at feeling comfortable and confident before competition.
6. Most importantly, remind yourself to HAVE FUN competing in your event. Remember when you hit that first serve, when the first pitch is thrown or when the whistle is blown to start the race, you have done everything you can do to get ready. Focus on the present, on what you are doing at the moment and enjoy the experience. If you do, you will have a greater chance of success and feel like a winner when the game is over.

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