

Getting Mentally Ready for Tryouts

EKVC tryouts are just around the corner. Exciting right? A little nervous? That's totally normal. The best way to feel confident is to show up prepared in three big areas: body, mind, and emotions.

1. Physical Prep: Take care of the basics – make sure you are physically fit and have been exercising, jumping, moving, and touching the ball. Get a good sleep, drink lots of water, eat well, and come in feeling energized. Your body will thank you when it's time to jump, move, and play.

2. Mental Prep: Picture what the day will look like. Tryouts usually have some physical testing (like jump tests, medicine ball throws, and agility drills), skill evaluations (with a few coaches watching and taking notes), and some small games where they'll check out teamwork, communication, and game sense. If it's your first tryout, ask an older teammate what to expect, it helps take away the mystery.

3. Emotional Prep: Big feelings are part of tryouts. Sometimes nerves turn into negative self-talk and anxiety. A great trick is to prepare for "what if" situations:

- *What if I'm in a group where people jump higher than me?*
- *What if I don't get to warm up with my friend?*
- *What if I'm with teammates who are at a different skill level?*
- *What if I shank the ball when the evaluator is watching?*

Add to this list and plan how you will respond calmly and confidently in each situation. By preparing ahead, you'll stay composed and confident when challenges come up.

Final Tip: Don't try to be someone you're not. Play to your strengths and do what you do best. Coaches love athletes who bring intangibles: things like being on time, listening, positive body language, working hard, being coachable, encouraging teammates, and showing hustle. These are all 100% in your control, and they can make you stand out just as much as your skills.

Show up ready, give it your best, and remember you've got this!

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