

## Pregame Checklist

### **Night Before Game:**

- Get a good carbohydrate rich meal
- Get to bed early
- Visualize yourself playing the game and success
- Think of things you could improve on from previous games

### **Day of Game**

- Visualization
- Team shirt
- Team Suit
- Towel
- Clip nails
- Stay hydrated
- Skittles

### **Warm-up**

- Visualization
- Properly warm your body up for max performance
- Make sure others are ready to perform
- Smile!

### **After Game**

- Hydrate
- Recovery drink/meal (high in carbohydrates and protein)