

Rider Name: _____ Horse Name: _____

Competition Name: _____ Date: _____

What was your performance goal for this competition?

Before the competition, did you feel prepared:

- | | | | |
|---------------|------------------------------|-----------------------------|-----------------------------------|
| ▪ Physically | ☐ Yes | ☐ No | ☐ Somewhat |
| ▪ Technically | ☐ Yes | ☐ No | ☐ Somewhat |
| ▪ Tactically | ☐ Yes | ☐ No | ☐ Somewhat |
| ▪ Mentally | ☐ Yes | ☐ No | ☐ 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 todays 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