

Saint Martin's Track and Field

Pre-Meet Assessment

Name _____ Today's Date _____

Track & Field Meet _____ Date of Meet _____

Have you competed at this meet before? _____ If so, how did you do last year? _____

Event(s) Competing In	Personal Best	Goal Time/Mark	Goal Overall Place	Goal Place on Team

What are factors you cannot control heading into this meet or meet location? _____

What are factors you can control to help you compete smoothly and/or overcome any possible adversities? _____

How have you been feeling this week in practice leading up to the meet? _____

What will you do specifically to warm up and get prepared for your event(s)? _____

What will be your motivation/focus before and while you compete? _____

What is your strategy/plan for your event(s) this weekend? _____

Sprinters/Hurdlers - Circle which part of the race do you need to focus on pushing through?

- (A) First 1/3 (B) Second 1/3 (C) Last 1/3 (D) The curve (if applicable)

What will be your focus during your start and during the command "set"? _____

Jumpers/Vaulters - What will be your starting height (if applicable)? _____

What part of your form, timing, steps, or rhythm will you focus on to help you execute? _____

Throwers – What part of your technique, timing, or rhythm do you need to focus on to help you execute well?

Distance - What are your goal lap split(s)? _____

What part of your race do you need to focus on pushing through? _____

Relays – What kind of hand-offs will you use? _____ What leg will you be? _____ Who will you be receiving

and/or delivering? _____ What will be your marks? _____

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Post-Meet Assessment

Name _____ Today's Date _____

Track & Field Meet _____ Date of Meet _____

Meet Conditions: _____

Did you reach your goals for the meet? _____ Explain why/why not: _____

What event are you most happy with & why? _____

What event are you least happy with & why (besides not reaching goal)? _____

What will you do differently next time competing in this event? _____

What teammate are you most proud of and why? _____

What will you do to better prepare for the next meet? _____

Were you able to push through the critical part of your race? _____

Where can you improve in your next race? _____

Scale 1 to 10 (1 being least & 10 being greatest) answer the following:

1) Quality of nutrition going in to meet? _____ Explain: _____

2) Quality of sleep going in to meet? _____ Explain: _____

3) How excited were you going in to this meet? _____ Explain: _____

4) How well were you prepared mentally? _____ Explain: _____

5) How well were you prepared physically? _____ Explain: _____

6) How well did you feel supported by your team? _____ Explain: _____

7) How well did you feel supported by your coach? _____ Explain: _____

8) How would you rank the food for the meet (pre-during-post meet)? _____ Explain: _____

9) How would you rank the transportation? _____ Explain: _____

10) For overnight meet how was the hotel accommodations? _____ Explain: _____

11) For overnight meet how was the rooming situation? _____ Explain: _____

12) How would you rate the quality of the meet? _____ Explain: _____

Additional Comments: _____
