Competition Assessment Form

Name:  
Event:  
Location:  
Height/Distance/Time:  
Date:  
Position:  

Did you achieve your performance goal?  Yes ☐  No ☐  Partly ☐  

What was your performance goal? (e.g. improve PB, qualify for next round)  

Did you achieve your technical goal?  Yes ☐  No ☐  Partly ☐  

What was your technical goal? (e.g. explosive start, elbow drive)  

Were you or did you have  

Completely determined to achieve performance goal?  Yes ☐  No ☐  Partly ☐  
Completely determined to achieve technical goal?  Yes ☐  No ☐  Partly ☐  
Highly physically activated?  Yes ☐  No ☐  Partly ☐  
No worries or fears?  Yes ☐  No ☐  Partly ☐  
In complete control?  Yes ☐  No ☐  Partly ☐  
Mentally calm?  Yes ☐  No ☐  Partly ☐  
Complete task focus?  Yes ☐  No ☐  Partly ☐  
Complete commitment to fully extend yourself?  Yes ☐  No ☐  Partly ☐  
Complete confidence in physical preparation?  Yes ☐  No ☐  Partly ☐  
Complete confidence in mental preparation?  Yes ☐  No ☐  Partly ☐  
Complete confidence in abilities to achieve goal?  Yes ☐  No ☐  Partly ☐  
Willing to take necessary risks?  Yes ☐  No ☐  Partly ☐  

Did you follow a race preparation plan?  Yes ☐  No ☐  Partly ☐  

If partly, which parts were NOT followed and why?
## Competition Assessment Form

Rate the effectiveness of

<table>
<thead>
<tr>
<th>Area</th>
<th>Good</th>
<th>Average</th>
<th>Bad</th>
</tr>
</thead>
<tbody>
<tr>
<td>General physical warm up preparation</td>
<td></td>
<td></td>
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<tr>
<td>Event specific physical preparation</td>
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<tr>
<td>Relaxation</td>
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<tr>
<td>Mental preparation</td>
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<tr>
<td>Warm down</td>
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<tr>
<td>Event review</td>
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</tbody>
</table>

During the event did your focus of attention stay on your event focus plan?  
Yes [ ]  No [ ]

When you were going well, where was your focus?

When you were going less well, where was your focus?

Anything unexpected happen that impacted your performance (for better or worse)?  
Yes [ ]  No [ ]

Give details:

Should anything be changed or adapted for the next competition?  
Yes [ ]  No [ ]

Give details: