



## Northern Territory Calisthenics Association

### Competition Preparation

Below is a list of helpful hints to ensure your child is ready for competitions.

#### Day Before Competition

- Keep the practice light - work on technique rather than flex or strength
- Check and pack all the equipment you will need for competition
- Use a checklist to ensure nothing is forgotten
- Organise food and drink required for the competition, including lots of water to stay hydrated
- Check directions to the venue as well as the time your coach has asked you to arrive. (this is often earlier than the competition start time)
- A dinner high in complex carbohydrates will give you plenty of energy to perform at your peak

#### Morning of Competition

- Allow plenty of time between waking and leaving for the competition venue
- Have a light stretch before breakfast
- Have a run through of items in your head
- Have a good, healthy breakfast
- If you are doing your hair at home, make sure you have practiced and leave enough time
- Leave with plenty of time to reach the venue

#### Pre Competition

- Once you arrive at the venue check in with your coach
- Hair and make up as required
- Have a run through of your items in your head, or with team mates
- Keep warm, relaxed, and focus on your objectives for the competition

#### Post Competition

- Congratulate your fellow competitors
- Thank the volunteers, they have worked just as hard as you have today
- Double check that you have all your costumes and equipment before you leave
- Remove make up with a facial wipe, to ensure the integrity of our sport by presenting clean, fresh faces
- Leave the dressing rooms within 15 minutes of the end of the competition
- Give your body a cool down to avoid injury (have a light stretch after each item and at the end of the competition)
- Celebrate your achievements and focus on the positives of the competition, i.e. how much you improved or the sections you performed well
- If your team moves on to another venue to celebrate after the competition make sure you are representing your club and our sport in a positive light
- Your coach may hold a group discussion at class about competitions and your clubs expectations. This provides the opportunity for parents and team members to ask questions and voice concerns, especially those who are new to Calisthenics.