

# SPORTS



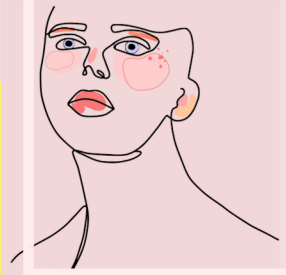
*A small  
compilation  
of simple  
strategies for  
trials*

# TRIALS

*Sports Trials - Taya Edina Haddrick - 2023*



# WEEK BEFOR E



## MOMENTS FOR YOU

**Pick one thing to do just for you, no one or anything else; not school, family or sport.**

**It can be as long or as short as you like.**

**Do this everyday - you deserve it.**

**Here's some examples:**

- **Listen to a podcast or watch an episode of TV**
- **Hug your dog**
- **Make your favourite cup of tea or coffee**
- **Paint your nails or have a long shower**
- **Draw, paint or craft**

## BEAUTIFUL YOU

**You are a person filled with millions of talents, passions and skills. Pick a time everyday to consciously acknowledge or write down one of the unique, awesome, amazing aspects of you are that makes you, you; a friend, a sister, an artist, an empath and all the millions of other wonderful things.**

## ALWAYS YOU

**Remember, you will be the same amazing, loved person you are before the trials as you will be after the trials. Wether you get selected or not, It won't change who you are or your value.**

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# TRI ALS



## RITUAL

Make a small ritual for yourself, let it be simple, just one thing you can do anywhere anytime, make it your own and use it to bring yourself back to you.

Here are some examples:

- Three jumps on the spot or shakes of your hands
- A few sips of water or sports drink
- Three deep breaths
- Re-tying your shoes or hair tie
- Doing your favourite stretch or movement

## THE SIMPLE THINGS

Pick two or three simple things. And just focus on them. The rest will take care of itself. You have done this so many times! Your body and mind knows what to do.

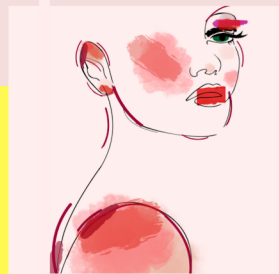
Here are some examples (of course this will look different for different sports):

- Keep your eyes on the ball
- Stay tall when your running
- Make your first step on the drive explosive
- Rebound
- Bend your knees on the shot

## CONTROL THE CONTROLLABLES

You will never know what selectors are seeing or thinking. They are just there in the background. Focus on you, that's all you can do.

# DAY



## THREE THINGS

After trials acknowledge three things you are proud of. Write them down, speak them to your parents or a team mate, or just consciously think them to yourself. It sounds simple, but it is so important.

## LEAVE IT BEHIND & PUT IT TO BED

Once you step off the court, the field or track .. wherever you are, it's in the past. Give yourself a time frame - 10 minutes, 3 hours, a day, and in this time feel whatever you are feeling; anger, pride, disappointment, excitement, frustration, happiness. Feel it, and then pick a moment to mark moving forward.

Here are some examples:

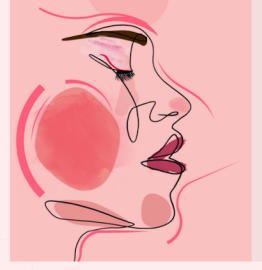
- Walking to the car
- Stepping out of the shower or bath that night
- Stretching and icing at home in front of the TV
- Eating your next meal or snack
- Putting on your pajamas

## TREAT YOURSELF

Talk to yourself the way you talk to the ones you love and treat yourself - you deserve it!

Here are some examples:

- Get a slushie, ice cream or favourite form of sugar
- Spend some time bingeing your favourite TV show
- Sleep in the next day
- Buy something little you've been wanting
- Listen to your favourite music on the way home



***REMINDER:***  
***These are all just suggestions. Every human is different. These are all simply small ideas. Anything you find unhelpful leave it.***

