

COMPETITION PREPARATION

the essential steps to feeling (almost)
confident on D-day



BE A CREATURE OF HABIT

Plan a practicing schedule as regular as possible and stick to it.

PRACTICE A LOT - BUT NOT TOO MUCH

Of course preparing a competition involves a lot of carefully planned practicing. But be mindful of your limits and remember your body and brain need their rest as well.



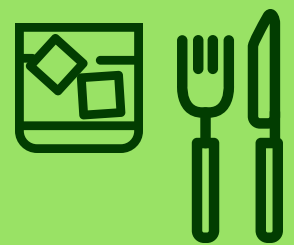
GET SOME EXERCISE



Sport is your best friend in preparation times : it clears the mind and make you finally move in an other way than what your body is doing during all this practice time.

EAT WELL AND DRINK A LOT

It is important you give your body what it needs in such strenuous times : healthy eating habits (and some comfort food) and a lot of water are a must.



HAVE SOME HEALTHY SUPPORT

Magnesium and vitamins help a lot.
In case of stress and sleeping disorders, you might want to try homeopathy as well.

SPEND TIME WITH YOUR LOVED ONES

Don't forget you need to be emotionally balanced, and spend some quality times with friends and family. They help you get through tough times.



ALWAYS BELIEVE IN YOURSELF

Have faith in your abilities, and believe in the possibility of winning.