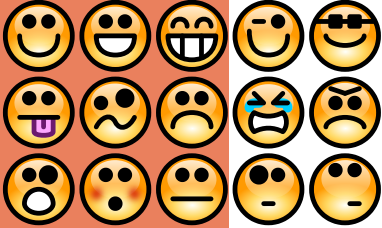



COMPETITION REFLECTION...

| <p>How were you feeling...?</p>  | <p>Before the competition</p> | <p>During the competition</p> | <p>After the competition</p> |
|---|-------------------------------|-------------------------------|------------------------------|
|---|-------------------------------|-------------------------------|------------------------------|

|  | <p>How would you rate your enjoyment of the competition?</p> <p>-----</p> <p>10</p> | <p>How would you rate your performance?</p> <p>-----</p> <p>10</p> |
|--|--|---|
|--|--|---|

List all the positive things that you did during the competition...

*~ you're ~
amazing*

Identify (at least) 1 thing that you would like to improve in your next competition

