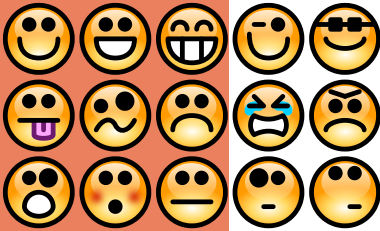


## COMPETITION TIME...

How am I feeling?

Why?



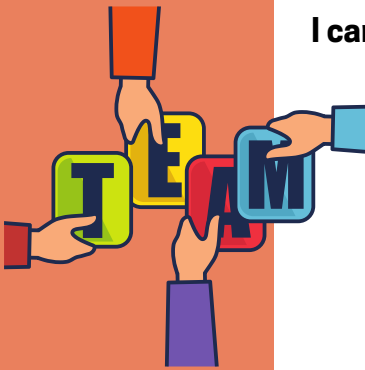
What are my goals for this competition?

In my warm up I will focus on...



I can support my team mates by...

My team mates can support me by...



I will do these things to help me relax before the competition...

