

Pre-Season Checklist



**Don't wait
until last
minute**

- ☐ Team Communication
- ☐ Schedule Sports Physical
- ☐ Gradual Conditioning
- ☐ Prepared Mindset
- ☐ Equipment/Gear Check
- ☐ Establish a Routine
- ☐ Focus on Nutrition
- ☐ Injury Prevention
- ☐ Stay Positive & Have Fun
- ☐ Create a Training Schedule
- ☐ Set Clear Goals
- ☐ Prioritize Rest & Recovery
- ☐ Mental Preparation



Your Ultimate Checklist for CAL Sports Academy Fall Sports Success

- **Set Clear Goals:** Define your personal and team objectives for the season. Whether it's improving specific skills or achieving a certain number of wins, having clear goals will keep you focused.
- **Create a Training Schedule:** Develop a consistent training routine that includes skill drills, conditioning, and rest days. Balance is key to ensuring peak performance and avoiding burnout.
- **Focus on Nutrition:** Fuel your body with a balanced diet rich in proteins, carbohydrates, and healthy fats. Stay hydrated and consider consulting a nutritionist for personalized advice.
- **Prioritize Rest and Recovery:** Ensure adequate sleep and incorporate recovery techniques like stretching, foam rolling, and ice baths to help your body repair and strengthen.
- **Mental Preparation:** Practice mindfulness and mental resilience techniques such as visualization, meditation, or working with a sports psychologist to enhance focus and reduce stress.



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- **Equipment Check:** Ensure all your gear is in top condition. Properly fitting and well-maintained equipment can prevent injuries and enhance performance.
- **Team Communication:** Foster open lines of communication with coaches and teammates. Effective communication can improve team dynamics and on-field coordination.
- **Regular Performance Evaluation:** Routinely assess your progress and adjust your training methods as needed. Utilize feedback from coaches and teammates to identify areas for improvement.
- **Injury Prevention:** Incorporate exercises that strengthen your core and stabilizing muscles. Be attentive to any signs of injury and seek medical advice promptly if needed.
- **Stay Positive and Have Fun:** Maintain a positive attitude and enjoy the process. A love for the game will naturally lead to better performance and overall success.

