



THROUGHOUT YOUR SPORTING CAREER, COMPETITIONS WILL TAKE YOU FAR FROM HOME. THEY'LL BE SOME OF YOUR GREATEST SPORTING EXPERIENCES! BUT THESE EVENTS CAN BE STRESSFUL. AND, ABOVE ALL, DISTRACTIONS CAN AFFECT YOUR PERFORMANCE. FOR EXAMPLE, A FORGOTTEN ACCESSORY OR THE CROWD.

IF YOU THINK ABOUT IT TOO MUCH, YOU RISK LOSING FOCUS. IN THIS CASE, BE ASSERTIVE. TALK TO A COACH OR MANAGER, OR SOMEONE ON YOUR TEAM. THEY'LL HELP YOU FIND A SOLUTION. THEN YOU CAN CONCENTRATE ON YOUR PERFORMANCE!

TO AVOID FORGETTING THINGS ON A SPORT TRIP:

- MAKE A LIST OF EVERYTHING YOU NEED TO TAKE WITH YOU;
- ASK YOUR TEAMMATES WHAT THEY'RE BRINGING;
- ASK YOUR PARENTS TO CHECK YOUR LUGGAGE.

