

2009 U.S. Paralympics Archery Competition Evaluation



Athlete Name:

Tournament:

Format:

Date of Tournament:

Location:

What time did the tournament start?

What did you eat and drink before the tournament?

What did you eat and drink during the tournament?

How did you feel about your overall performance in this event?

Did you have a performance outcome goal for this event? Yes No

If so, what was it? (A performance outcome goal can be related to score or form.)

To what extent did you achieve the goal?

Was there anything that helped or kept you from achieving the goal?

What was your focus goal for this event? (What did you want to focus on; what focus did you think would give you the result you wanted?)

To what extent were you able to achieve the goal?

Was there anything that helped or kept you from achieving the goal?

Did you follow a previously practiced pre-competition plan/specific pre-event warm-up?

Yes No, not at all Partly

If partly, which parts were followed and not followed?

What were you saying to yourself (or thinking) immediately before the start of the tournament?

Rate your overall feeling of effectiveness at the competition site and during the different segments of you pre-event preparation and performance. Use a scale from 0 to 10 where 10 is “going great;” 0 is the “absolute pits;” and 5 is in the middle.

When	Rating	Comments
30-60 minutes before start	Enter 0 – 10	
Official practice	Enter 0 – 10	
Before the first scoring end	Enter 0 – 10	
After the first scoring end	Enter 0 – 10	
Halfway through (if there was no break)	Enter 0 – 10	
During the break (if there was one)	Enter 0 – 10	
Starting to shoot again (if there was a break)	Enter 0 – 10	
Finish	Enter 0 – 10	

Were you able to fully extend yourself to the limit during the event?

What did you say to yourself or focus on to extend to the limits?

During the event did your focus stay on your performance (where you wanted it to be) or did it drift to other things?

- Stayed Focused Mostly Focused
 Sometimes Drifting Mostly Drifting

When you were shooting best, where was your focus (what were you thinking about)?

If you were shooting less well in parts, where was your focus?

Did you have to make a recovery to get back on track during the event? (Yes No) If so, what did you do or say to yourself to refocus?

Did anything unforeseen or unexpected happen (did anyone say anything to you) either before or during the event that may have had an impact on your performance (for better or worse)?

Should anything be changed or adapted before the next competition?