



# BEST PRACTICES FOR OUTDOOR COMPETITIONS

1. **Proper Training and Conditioning:** Complete training regimens, focusing on skill development and physical conditioning.
2. **Balanced Nutrition:** Follow a balanced diet with adequate proteins, carbohydrates, and healthy fats to fuel the body for optimal performance.
3. **Hydration:** Stay well-hydrated before the competition to maintain peak physical and mental performance.
4. **Adequate Rest:** Get enough sleep in the days leading up to the event, allowing the body to recover from training, prior to competition.
5. **Warm-up Routine:** Implement a dynamic warm-up routine to prepare muscles and prevent injuries.
6. **Visualization:** Visualize succeeding in the competition to boost confidence and mental preparedness.
7. **Review Game Plan:** Familiarize yourself with your game plan or strategy for the competition.
8. **Check Equipment:** Ensure all equipment is in top condition and ready for use.
9. **Mental Relaxation Techniques:** Practice relaxation techniques, such as deep breathing or meditation, to stay calm under pressure.
10. **Positive Self-talk:** Replace negative thoughts with positive affirmations to build self-confidence.
11. **Avoid Overexertion:** Avoid overtraining prior to the competition.
12. **Team Communication:** Communicate with teammates to synchronize strategies and build team cohesion.
13. **Time Management:** Arrive at the competition venue with enough time to prepare and acclimate.
14. **Stay Informed:** Know the competition rules, format, and any updates to be well-prepared.
15. **Focus on Execution:** Concentrate on executing proper skills and strategies rather than worrying about the outcome.

Whether training for a mountain bike race or outdoor obstacle course, Semper Fit is here to help you achieve your goals. **Contact your local Semper Fit** to learn more about training and fitness opportunities that can help prepare you for your next big competition.