



Post-Season Reflections

Take a few minutes to record some thoughts about your season.

Sorting through your highs and lows is a fun and important way to wrap-up all your hard work. It also gives you a record of your memories and what you'd like to improve on, which can be helpful when you start playing again.

1. What are three things you did repeatedly well this season? It could be anything from being punctual, to listening well, learning a new skill, volunteering to help the coach, etc.
2. Write down a few times when you played your best, either in practice or in a game.
3. Write down some times when you were a good teammate. Again, it could be during a practice or a game.
4. What physical skill did you improve upon most during the season?
5. What mental skill did you improve upon the most during the season?
6. What skills, either mental or physical, would you like to continue to work on?
7. Are there goals you'd like to set now for next season? If not, that's okay.
8. What was a high point of the season for you? A low point?
9. Is there any part of a particular game or practice you wish you could do over?
10. Finally, is this a sport you would like to continue?