



## Post competition Coaching Checklist

- Quick pause for athletes and coaches to calm down
- Remind athletes about appropriate post-competition behaviour
  - Congratulate opponents on effort (and victory if applicable)
  - Participate in post-game spirit circle
  - Thank and recognise officials
  - Ensure that competition area is clean (marquee, sideline, warm-up area, and so on)
  - Complete and submit spirit and match score sheets
- Quickly debrief with assistant coaches to ensure that staff give a consistent post competition message.
- Share brief message with athletes
  - Recognise model behaviour and effort
  - Identify strengths if a loss
  - Identify weaknesses if a win
- Give athletes opportunity to address teammates
- Complete post competition ritual (team cheer, song etc)
- Remind athletes about logistics (schedules, travel arrangements, and so on).
- Remind athletes about guidelines for quality sleep and rest (eg avoid screen time 1 hour before sleep, practice breathing or progressive muscle relaxation exercises if restless, aim for 9 to 10 hours of sleep).
- Allow time and space for athletes to cool down physically and mentally.
  - Have athletes complete post competition reflection cards
- Perform a quick walk around to check post competition needs of athletes (eg anyone in need of special attention regarding physical or emotional distress).
- Attend to administrative responsibilities
  - Complete post competition reflection card'
  - Complete post competition reporting as needed (eg report score or injuries to performance manager)
  - Meet with media (if applicable)
- Do final check in with coaching staff and athletes for any remaining items that require immediate attention.
- Perform personal cool down (eg light physical activity, social time with coaches, family, or friends).