



CHAPTER 4 COLLEGE LEVEL

1. What are the five key preparation areas at this stage of the journey that a Complete Athlete should continuously try to maintain?

1. _____
2. _____
3. _____
4. _____
5. _____

2. What are the most efficient ways to get appropriate rest and recovery?

- A. Avoid Stimulants
- B. Take sleeping pills
- C. Wind down before going to bed
- D. Practice a relaxing bedtime ritual
- E. A, C and D

3. Mental imagery is simply seeing yourself perform successfully before you compete. Best describe the importance below in a couple of sentences for your continued development.

4. The collegiate environment and the commitment needed is extremely demanding all four years, but also being away from your family is another challenge that can be very difficult to deal with. What can you do on a consistent basis with your family to stay connected?

- A. Find appropriate times when you can talk with your family over the phone or Facetime them
- B. Making sure you are communicating with your parent on all University decisions
- C. Plan times that family they can come and visit you and watch games
- D. Schedule family vacations, holidays and birthday celebrations that don't conflict with your University commitments
- E. All of the above

5. At University, many social distractions get thrown at you that can put you off track. Describe the key ones that you must avoid.
