



## **PREPARING FOR A SUCCESSFUL TRYOUT**

As I've mentioned, in order to be successful in anything we do, we need to be prepared. Going into tryouts you need to have prepared yourself for what lies ahead.

Below are a list of suggestions to help you go into tryouts mentally ready to do your best.

- You've put in the work, trust that you are ready.
- If things are not going well, or you feel like you are getting scored on, have a plan to reset your mind. Could be a water bottle flip, could be a stick switch, could be 10 second, eyes closed, shut down. Take the time you need and flip the reset button. It's not over. Don't let your emotions or a few bad goals determine the whole tryout.
- **ALWAYS BE SQUARE AND ACTIVELY TRACKING THE PUCK AS SOON AS THEY CROSS THE BLUELINE.** Do not stand straight up and watch, then get in your crouch at the last second. Show them your eager and focussed. **COACHES WILL NOTICE THIS!**
- Make sure you get your turn. If it's every three, and the other goalie hasn't come out, **get in there.** If one goalie is hogging the net, they are being seen more. Advocate for yourself. Talk to a coach if it persists.
- Eat well the day of the tryout. Bananas are great for energy and potassium. Trail mix/nuts for protein and are not too heavy on your stomach. Avoid heavy carbs like pasta the day of the tryout. Night before is fine.
- **HYDRATE!** Make sure you drink lots of water the night before, and the day of. Do not skip this step!
- **HAVE FUN!** After all, this is just hockey, and your worth has absolutely nothing to do with whether you make this team or not.
- You've gone in prepared, and did the best you can do, and whatever happens, happens. Hold your head high and be proud of yourself. I am proud of you!