

P.A.C.E. Performance Plan (Cohen, 2013).

Athlete: Cross-Fit/individual athlete

Event: Master's qualifier workouts (3)

Perception	Activation	Concentration	Execution
· Nervous for the workout · Feeling anxious for performance · Negative self-talk=fears, doubts in abilities · Competition is in an unfamiliar gym · Goal is to gain control over emotions and to complete all three workouts · High priority goals based on performance profile: strong mentally, confident, physically relaxed	· IZOF/AMS:4 · Relaxation techniques: scan for cervical tension by quick body scan · Energizing breathing: when arousal is low (AMS:1-3) · Relaxation breathing: when arousal is high (AMS:5-9) · HR monitor through Apple Watch:110-155 BPM	· Direct attention towards appropriate cues that are helpful for performance · Increase ability to ignore distractions (new environment and comparing with other competitors) · Gain ability to shift focus as needed for performance (broad to narrow) · Focus on task-relevant cues	· Physical skills are automatic, fully prepared · Trust in abilities · Stay in present moment

Performance Plan**Preperformance Routine**

-Routine template adapted from Burton & Raedeke (2008) *Preperformance Routine Development Form* as athlete has no prior preperformance routine.

Required Steps for Preperformance Routine	Athletes Plan
Step 1: Relax and remove unwanted tension from performing muscles.	Scan for cervical tension through quick body scan, contract and relax upper traps 3x's if needed.
Step 2: Use goals and self-talk to promote focus and concentration.	· "I am in control of my emotions through physical preparation." · "I have a plan in place so I can focus on my performance."
Step 3: Adjust arousal to ensure you're in your optimal energy zone.	Check-in: AMS=4 · AMS:1-3=energization techniques · AMS: 5-10=relaxation techniques · HR: 110-155 BPM

Step 4: Use imagery and positive self-talk to become optimally confident in performing your best.	· Visualize each lift performed successfully 5xs. · “I am confident. I am strong. I am ready.”
Step 5: Develop a positive mental attitude that is stress-free but challenged.	· “I qualified, I belong here, I can do this.” · Enjoy and attack challenges. · "Distracting thoughts will come, I will let them go."
Step 6: How will you maximize a highly automated, feeling-oriented performance?	· Trust in preparation. · Fully prepared plans are in place for every step.
Step 7: Streamline your routine to make it quick, effective, and consistent to execute.	· "I have practiced this plan, I know it by heart, it works well for me."

Warm-up: 30 min prior to competition

Activity	Self-monitor
10 min: Rower initial warm-up	Feelings: I feel good, relaxed yet ready to compete.
10 min: Active warm-up	Behaviors: Focused, steady, ready physically and mentally.
10 min: Skill preparation	Thoughts: Narrowing attentional focus, repeating performance cues related to individual skills, positive self-talk in abilities.

Competition: 3 Workouts

Workout 1: Max Lift	· Thoughts: Strong and powerful · Feelings: Pumped up · Physical: Quick lift
Workout 2: Metcon	· Thoughts: Rhythmic movements · Feelings: Steady · Physical: Relaxed and in the groove
Workout 3: Skill Based	· Thoughts: High focus · Feelings: Athletic · Physical: Agile

Distractions: Before, During, and After Competition

Ravizza's Recognize, Release, Refocus technique (Williams & Krane, 2015).

Recognize	· Check in with arousal levels. · Other athletes will be competing alongside and pacing/plans will be different. · Everything may not go perfectly.
Release	· Distractions · Negative thoughts · Performance bloopers · Throwing away imagery · Cervical muscle contraction and relaxation
Refocus	· Performance cues · Present moment · “Focus”

Post-competition Performance Evaluation

Athlete to fill out *Performance Feedback Sheet* (Williams & Krane, 2015, p.181) and also write any additional notes in journal for reflection. Discuss findings with athlete post-performance and adjust plan as necessary.

References

Cohen, A. (2013). The P.A.C.E. Performance Program: Integrating Sport Psychology into Training Programs. *Soccer Journal*, 58(4), 26–28.

Burton, D., & Raedeke, T.D. (2008). *Sport psychology for coaches*. Champaign, IL.: Human Kinetics. ISBN-10: 0736039864

Williams, J. M. & Krane, V. (2015). *Applied sport psychology: Personal growth to peak performance* (7th Ed.). Mountain View, CA: Mayfield. McGraw-Hill. ISBN-13: 978-0078022708