



ULTIMATE READINESS CHECKLIST

If a pitcher or player at any level wants to perform at their best, they need to be prepared at their best. Readiness and performance are not as simple as showing up on time and trying hard. A well-prepared athlete checks off the boxes of physical, mental, nutritional and emotional. Each box checked ensures a greater opportunity for success.

A good way to implement this would be for the athlete to print off a copy (big or small) and keep it with them. Another idea is to take a picture and keep it on their phone. The athlete does not need to physically check off all of these, but going through the checklist in their head can be incredibly beneficial in building their confidence for competition that day.

- I slept over 8 hours
- I ate a full meal during each mealtime today AND yesterday, including snacks
- I drank enough water today AND yesterday (at least 64 oz per day - finish a water bottle before breakfast is over)
- I got more than one workout in this week
- My stress level is low or manageable
- My arm feels normal (if not, I have communicated with my coach)
- I focused during practice this week
- I believe in myself
- I believe in my teammates
- I will maintain a good attitude and work ethic
- I worked on my own individual mobility and/or stability concerns this week