

Fencer Name: _____

Date: _____

OFC Pre-Tournament Worksheet

This worksheet is designed to help fencers prepare mentally and physically for tournaments. Utilize the dedicated sections below to outline your routine, strategy, and self-assessment.

Pre-Tournament Warm-Up Routine

Outline your complete warm-up routine, including specific exercises and durations. How early do you plan to arrive at the venue? What is your preferred breakfast? Etc.

Mental State

Reflect on your mental state before and during previous tournaments. What helps you focus? What distractions do you need to manage?

Pre-Tournament Mindset – What are your goals/expectations for this tournament? Reflect on previous victories and evidence for continued success.

During-Tournament Focus – How do you plan to stay focused during each bout and in between rounds? How do you respect each opponent's abilities and use the best and most effective strategies to defeat them?

Managing Distractions – How do you recover focus after a loss? How do you regain your focus and intensity after getting distracted?

Tournament Strategy

Detail your strategic approach for the tournament. Consider opponents, strongest actions, and adaptation plans.

Bout Preparation Routine – How do you prepare yourself mentally once you step on strip?

Strongest actions/preferred strategy – What are your preferred actions? Do you prefer to be more aggressive or defensive? Why?

Adaptation Strategies – How do you shift your strategy and reset your mind and approach when something isn't working?