



Southern Lions Rugby Union Football Club  
Success Regional Sports Facility, 359 Hammond Road, Success, WA 6164  
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[www.southernlionsrufc.com](http://www.southernlionsrufc.com)

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## **Lions Preparation Brainstorming**

### **General**

- Consider the club and the team first.
- Be aware of requirement to communicate – appropriately.
- Be generous and supportive wherever possible.
- Train diligently - at training and in your own time.
- Look and act your best - showcase the club and your team.
- Take responsibility for your actions - self regulation.
- Be your own most important coach - What can I do better? What feedback do I need?
- Explore options and then create your own “Ideal Performance State”.
- Get to know your team mates.

### **At Training**

- Arrive early.
- Have a training focus. What do I need to work on tonight?
- Switch on - you’re there to do a job.
- Nutrition - fuel up/low fat/protein before training, during training post training.
- Pay attention - always be prepared to listen to coaches.
- Get taped in time, ditto injury management.
- Niggling injuries - look for strategies to train not look for excuses not to train.

### **The Night Before and Game Day**

- “Funnel” your activities starting Friday night and leading up to the first whistle.
- Rest/sleep/alcohol.
- Develop a pre-match routine- nutrition/activity/music/rituals/gear packing.
- Be aware of your impact on others.
- Arrive early.
- Tape early.
- Switch on/focus/concentrate when appropriate.
- What is your job? Know your role.
- Notify Sports Medicine Team of any injuries and treat immediately – RICE.
- Have an individual recovery session on Sunday morning - beach/cycle/jog/stretch.
- Sunday-Monday - Notify SC (0403 312 632) re injury issues/progress. No surprises on Tuesday evening.

