



Athletes Competition Review Sheet

Use this sheet to review your bout so you may record your personal feelings on performance. Use it in a positive building mode that will push you to perform and perfect your moves, attitude and drive. Use your coaches and corner man's suggestions as well as your own feelings and thoughts. Remember, thoughts taken from your head to written on paper become concrete ways of bettering your performance. Do this while your feelings are fresh. You may even want to add to it later as your emotions change. Only add to it, do not erase what you wrote, positive or negative. File these thoughts and watch positive results take place as you train toward goals.

Your Name: _____ Date of bout: _____

Name of hosting club and location: _____

Name of Opponent: _____ club: _____ weight: _____

Your weight: _____ Your corner man: _____ This is your _____ bout.

Results of bout: _____

Reason for results: _____

How do you feel about your performance: _____

Areas you feel are working well: _____

Areas you feel you need work on: _____

Your goals in boxing: _____
