

Player:

Tournament:

## **Vandegrift Tournament Review/Summary**

Discuss 3 things that went well during this tournament & why.

Discuss 3 things that you struggled with this tournament & why.

Discuss how you handled yourself emotionally this tournament. (did you keep your cool, did you handle frustration well, etc)

Discuss how you handled yourself mentally this tournament. (did you have a plan of attack, did you stick to it, did you make good decisions, etc)

Discuss how prepared you felt for this tournament.

What are 2 things you would like to focus on improving leading up to the next tournament and how do you plan to make improvements?