

Dave's Performance Check List

1. System for rock matching
2. System for pre-event practice
3. System for pre-game practice/last shot draw
4. Pre-game warm-up routine- muscle activation, mental prep
5. Team meeting script: pre-event, pre-game, post-game
6. Between end meeting script
7. Post shot routine
8. Communication ladder
9. Timing system
10. Mastery of weight control
11. Team synced on-line-of-delivery, hit/tap weights, rotations, releases
12. Ice surface evolution tracking system
13. Ice reading
14. Situational tactics in place
15. Game management tactics
16. Sweeping scheme
17. Usage of team analytics as a tool
18. Competition diet/lifestyle strategies
19. Mastery of mental toughness/resiliency
20. Post-game stretch/ injury prevention