



## SOA Steps to Set Yourself up for Success

1. Be early to practice so you are ready at start time
  - Shoes laced, phones off
2. Eat your regular meals with protein so your body is prepared
  - 4-6 small meals with protein in each
3. Little Things lead to Big Improvements
4. Eliminate Negative Body Language
  - Arms folded while receiving instruction
5. Don't Be Afraid to Fail
  - Fail Forward by learning from each mistake
6. Take Personal Responsibility for your Actions
  - It's not Mom's fault you didn't take time to make a sandwich or do your Homework.