My Smart Roadmap

Smart Mind Balance

Ensure you have a clear mind. Where are you sitting mentally today, is your mind cluttered?

Neutral

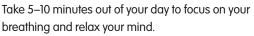
How do you feel?

Cluttered/busy mind

Alert/at peace



Meditation





Positive Connection

Put aside some time in your day to have a positive connection with family or friends. This may just be 30 minutes over a coffee.

Enjoyment

Take some time to do something you love! This could be art, baking, building, reading. This is "you time".



Get Outdoors

Take some time to remove yourself from it all and get some fresh air. This could be at the park, the beach, gardens, whatever works for you.

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Plan

Sit back from it all and organise your thoughts. This could be by creating a 'To Do' list or setting small goals.

My Smart Roadmap is designed to help players take responsibility for their own wellbeing and recovery to ensure they are keeping a good training/life balance. In each section check in on yourself by marking either a 1, 2, or 3.

Over stressed. Pick two options from that category that fits into your day
Mildly unbalanced. Pick one option from that category that fits into your day.
Well balanced and ready to go. No actions needed.

Energised

Smart Body Balance

How energised are you feeling today? Make sure you have done everything you can to look after your body.

How does your body feel?



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Neutral – low energy

Sleep

Aim to get 9–10 hours sleep tonight or have a 30 minute nap between 12–4pm to make up for lost sleep.

Screen Time

Minimise your screen time. Take an hour to put down all devices. This may also help with sleep quality.

Hydration



Make a conscious effort to drink at least 2 litres of water. Training or games may require you to drink more. Guidelines are in Smart Preparation on the NetballSmart website.

Nutrition

ENERGY IN = ENERGY OUT. Take a food diary to ensure you are fuelling yourself for what your day brings.

Hygiene



Do something that makes you feel clean and relaxed. e.g. tidy/organise your room or desk, hot shower before bed.

Smart Training Balance

Listen to your body and make sure you do what you can to look after it.

How do your muscles feel?





Stretch Session

Incorporate a 15–30 minute stretching session into your day. Guidelines can be found on the back of this resource or NetballSmart website.

Foam Rolling



Release affected muscles by incorporating a foam rolling session into your day. Guidelines can be found on the back of this resource or website.

Massage



Massage is a good option for muscular release if foam rolling is not an option. This can be either selfadministered or administered by somebody else.

Active Recovery Go on a light walk of



Go on a light walk or bike ride to increase blood flow and relieve stress in muscles.

Pool Recovery Session



Have a 30 minute pool session. This can aid mobility without putting excess stress on muscles and joints. May also help induce fatigue to help sleep quality.







