

My Smart Roadmap

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.

- 1 Over stressed. Pick two options from that category that fits into your day 2 Mildly unbalanced. Pick one option from that category that fits into your day.
3 Well balanced and ready to go. No actions needed.

Smart Mind Balance

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

How do you feel?



Meditation

Take 5–10 minutes out of your day to focus on your breathing and relax your mind.



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.



Plan

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

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?



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 self-administered or administered by somebody else.



Active Recovery

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.