# MASSAGE

**3pts:** Self-myofascial: Foam roller 20mins

2pts: Deep tissue 30mins
1pt: Spiky ball planter
release 8mins

### SLEEP RESTORATION

**3pts:** Achieved 8+ hours sleep last night

2pts: Nap during day 20-30mins

1pt: Used sleep aids
(Eye mask/ear plugs)

## PSYCHOLOGICAL

3pts: Listen to Smiling App2pts: Visualisation 8mins

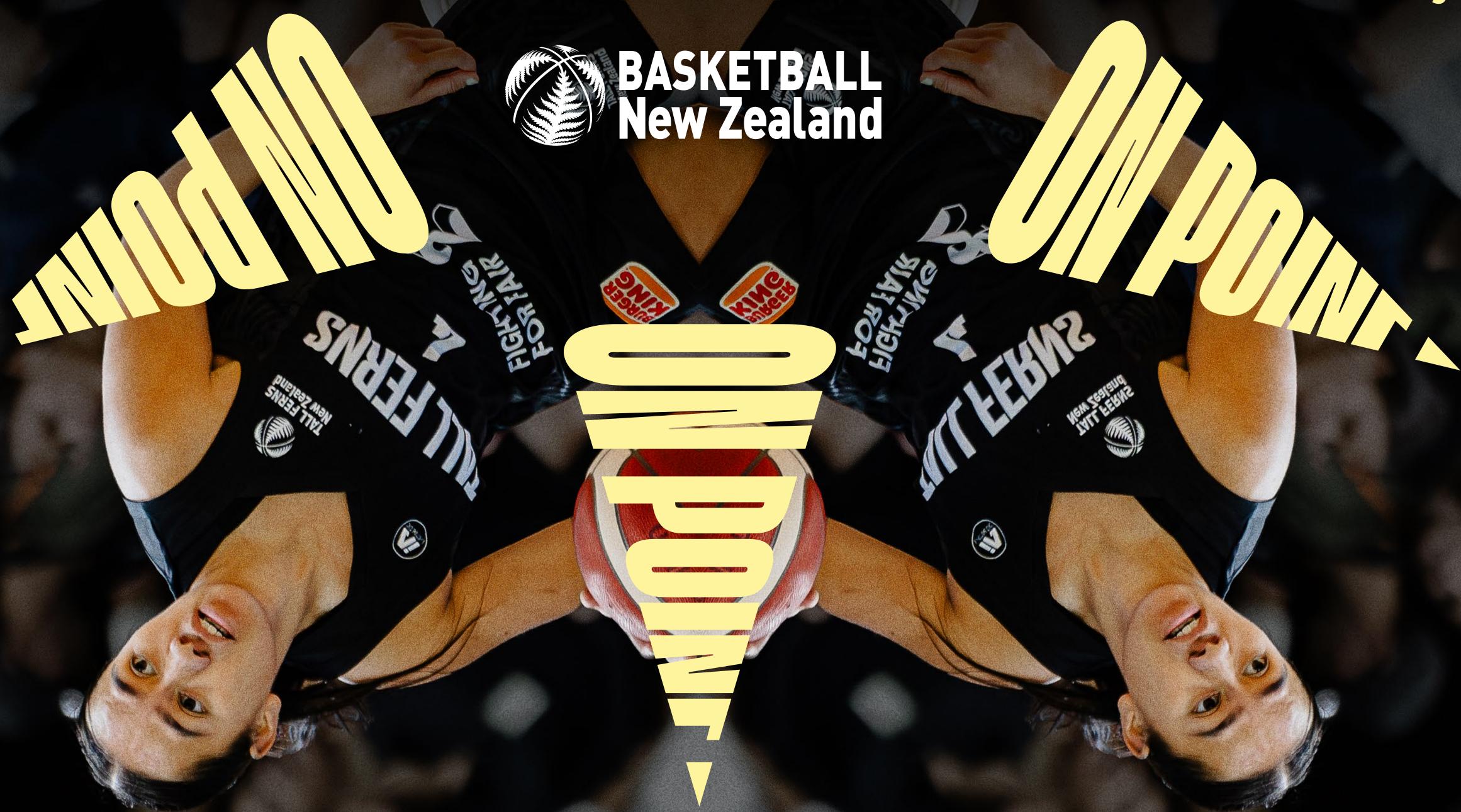
1pt: Positive self-talk consistently



Use a variety of self-initiated, proactive recovery strategies from each area.

REGUERI ON POINT CHECKLIST

Target 8-15 recovery points within the 24-hour recovery period.



# NUTRITION

**3pts:** Whole foods within 90mins of training/game

2pts: Meet daily hydration needs

**2pts:** High protein snack within 30mins of training

#### HYDROTHERAPY

**3pts:** Pool/beach recovery session 20 mins

2pts: Contrast therapy 30 sec cold and 30 sec hot 4 mins

**1pt:** Cold water immersion 12-15C 8-12mins

1pt: Hot water immersion 37C 8-12mins

# COMPRESSION

**2pts:** Garments/Socks worn during sleep

1pt: Garments/Socks worn during travel