

**Website menu- Tools to perform
Performance indicators, attitude**

Performance Indicators - ATTITUDE

Attitude is a choice, your choice

Make it, stick to it, apply it

Choose to be positive

Balance the sport and your life

See the competition as one with yourself

Learn from the competition experience

Seek excellence in competition not perfection as no one of us is perfect

Respect yourself and others

Lachlan Tighe, 2015.