



TRAIN LIKE STORM

TIME MANAGEMENT & ROUTINES BUILDING ROUTINES FOR SUCCESS

As a developing athlete, there can be a lot to fit into one week. School, homework, training, games, family commitments, friends, work, hobbies and recovery can all compete for your time.

Learning how to manage these commitments is an important part of your development as an athlete. Good time management can help you feel more organised, reduce unnecessary stress and make sure you have enough time for the things that support your performance, including sleep, recovery and preparation.

This resource will help you understand where your time goes, recognise some of the habits that can help or hinder you, and start building routines that work for you.

Learning Outcomes

By the end of this resource, you will be able to:

- Understand why managing your time is important as a developing athlete.
- Identify your current priorities and common distractions.
- Understand how routines can support your performance.
- Identify small changes that could improve how you manage your week.

Why Time Management Matters

Successful athletes don't have more hours in their day than anyone else. They learn how to use the time they have effectively.

Balancing school, training, competitions, family commitments, friends, work and rest isn't always easy. Some weeks will be busier than others, and sometimes it can feel like there simply isn't enough time to get everything done.



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Good time management isn't about planning every minute of your day or trying to be productive all the time. It is about understanding what is important, planning ahead and making choices that allow you to meet your commitments while still having enough time to rest, recover and enjoy things outside of netball.

When you manage your time well, you are more likely to arrive at training prepared, complete schoolwork without unnecessary last-minute stress, get enough sleep and have time for the people and activities that are important to you.

Think about your typical week. How much time do you spend at school, training, completing homework, travelling, sleeping, recovering, seeing friends, scrolling on social media, gaming or watching TV?

You might be surprised by where some of your time goes.

KEY CONCEPT 1: Know Your Priorities

A priority is something that is important to you and deserves your time and attention.

Your priorities won't always be the same as another athlete's, and they can change depending on what is happening in your life. During exams, school may require more of your time. During a tournament or finals series, your netball commitments may increase. Work, family responsibilities and other commitments can also change from week to week.

For a developing athlete, priorities may include your health and wellbeing, education, netball, family responsibilities, friendships, work and other activities that are important to you.



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Knowing your priorities doesn't mean choosing one and ignoring everything else. It helps you make decisions when different commitments compete for your time.

For example, if you know you are playing on Wednesday night and have an assignment due Thursday morning, planning to complete the assignment earlier in the week means you can arrive at your game focused rather than worrying about unfinished schoolwork.

Reflection

What are your top five priorities right now?

1. _____
2. _____
3. _____
4. _____
5. _____

Do any of your priorities compete for your time? If so, what could you do to manage this?



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KEY CONCEPT 2: Recognising Your Distractions

Everyone gets distracted. A few minutes scrolling through your phone can quickly become much longer; homework can be put off until later, or an evening can disappear while gaming or watching a series.

These activities aren't necessarily bad. Relaxing, seeing friends, using social media, gaming and watching TV can all be part of a balanced life. They become a problem when they regularly take time away from something you need or want to do.

Procrastination can have a similar effect. Putting off a task doesn't make it disappear. It usually means you must complete it later when you may be tired, rushed or have other commitments.

The goal isn't to remove every distraction from your life. It is to recognise where your time goes and decide whether the way you spend it matches your priorities.

Reflection

What are your three biggest distractions or time wasters?

1. _____
2. _____
3. _____

What are one or two things you could do differently to better manage these?



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KEY CONCEPT 3: Build Routines That Work For You

A routine is a set of actions or behaviours you repeat regularly. Good routines can help you stay organised, reduce stress and make positive habits easier to maintain.

Think about getting ready for training. If you wait until five minutes before leaving to find your shoes, fill your drink bottle, pack your strapping and look for your training gear, you are more likely to forget something or arrive feeling rushed.

If packing your bag the night before becomes part of your routine, you don't have to make that decision every training day. It simply becomes something you do.

This is why routines can be powerful for athletes. They reduce the number of things you need to remember and help you consistently complete the small actions that support your performance.

A useful morning routine might include waking up with enough time to eat breakfast and prepare for school. On a training day, your routine could include checking your netball bag, staying hydrated throughout the day, completing important schoolwork and making sure you have eaten appropriately before training. An evening routine could include preparing for the following day, giving yourself time to wind down and getting to bed at a consistent time.

Your routine doesn't need to look exactly like someone else's. The best routine is one that works with your school, family, training and other commitments and that you can realistically maintain.

The aim isn't to create a "perfect" routine. It is to create one that makes your day easier and helps you arrive at school, training and games prepared.



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Athlete Reflection

Think about your current weekly habits and routines. What is currently working well?

What is my biggest challenge when it comes to managing my time?

If I could improve one habit or routine this week, it would be:

Why would improving this help me?

NEXT STEP: Plan It

Now that you understand more about your priorities, distractions and routines, download the *My Weekly Planner* to build a weekly plan around your commitments and priorities.