

Tips from *the* Pros

you weren't battling butterflies before the big day. Create a routine that'll keep you both prepared and relaxed. "Heading into tryouts, I usually listen to music that makes me get pumped up and excited," says Kathleen D., 13, who plays basketball, soccer, volleyball and runs track. Separating yourself from the other athletes for a couple minutes also can help to clear your head and visualize whatever it is you're trying to do...like, uh, make the team!

Get Noticed

No doubt, your mad athletic skills are gonna grab Coach's attention. But there are other ways to make yourself stand out. Says volleyball coach Jen Woods, "Things like leadership, intensity, focus and paying attention to instructions show coaches you're a well-rounded player." Volunteer to demonstrate a drill or round up equipment at the end of the day to show some extra effort. Another way to make a lasting impression at tryouts? Add a pop of wild color. "Some girls wear bright-colored headbands or shorts," says Jen. "It's obviously not a huge deciding factor, but we *do* notice."

Team Up

You may not know the girl you're having a shootout with, but that doesn't mean you should see her as a rival. After all, she may be your future teammate, so treat her that way now and show your support. "Cheer for everyone and don't ever talk badly about anyone during clinics or tryouts. You just never know who is listening or watching you," says Avery B., 12, who's on a cheerleading squad. Besides, it never hurts to show that you're a good sport. Says Kathleen, "Coaches like

players who influence others in a positive way. My basketball coach says that he loves my attitude because it rubs off on other players."

Stay Cool

Even if you are the fastest runner, the highest jumper or the best kicker of the lot, your skills will be overshadowed if you're giving off bad vibes. "I pick up on negative emotion or body language, like when kids get mad and throw their glove when they make a mistake," says softball coach Joni Frei. If you mess up, take a deep breath, keep your cool, listen to feedback and show your stuff the next chance you get. "Don't worry about the outcome," adds Kathleen. "Just focus on your love of the game because, at the end of the day, that's what it's all about." ❁

—By *Melissa Tydell*

Didn't make it?

Getting cut stinks. Here are three ways to bounce back...

- 1. GET FEEDBACK** Ask the coach why you didn't make the team. It'll be tough to hear, but it'll help you prep for the future.
- 2. GET TO WORK** Take time to perfect your skills before next season. Hit the gym hard and sign up for lessons. You'll be in top form for tryouts next year.
- 3. GET BUSY** Don't let one sport define you. Think about another activity you might like, and give it a go. Hey, Yearbook may become your new favorite!

TRY THIS!

TRAIN LIKE A TRIBUTE!

Hunger Games workouts are catching, uh, fire, in gyms around the country. These sweat seshes incorporate exercises that simulate essential skills for Tribute survival (think: archery, tree climbing and speed work) and will get ya buff enough to hold your own in the Quarter Quell. Ready to face the Gamemakers? Here's an *HG*-inspired move from the "Train Like a Tribute" class at New York Sports Clubs (mysportsclubs.com). Try it at home—no bow and arrow required.

Foxface Quick Feet

Grab a stopwatch and a bud. Start running in place as fast as you can while your friend times you. Every 10 seconds, have your friend yell "up" or "down." For "down," you'll drop to a push-up position on the floor, then quickly jump back up to your feet. For "up," jump up into a tuck position with your knees pulled up toward your chest. Continue for 2 minutes, then switch with your friend. You'll be in Katniss shape in zero time flat, girl.

