



Your link to
performance
improvement.



Peoria High C.C. Handy Alibi Sheet

This list is intended to simplify the major problem of selection of the proper alibi to suit the occasion. While some athletes are so bad they don't need an alibi, most will at some time be in need of some explanation to account for some performance and this handy check list may prove to be of value. Feel free to write in your own original ideas. If you need additional copies of this list, contact coach.

At too much	Snowblinded
Weak from lack of nourishment	Cold feet
Not enough time to warm up	Fogged glasses
Warmed up too much	Thought I was having a heart attack
Not enough training	Thought there was another lap to go
Not enough sleep	Ran an extra lap
Too much sleep	Can't run when behind
Need wheat germ oil	Can't run when ahead
Need yogurt	Can't run
Need vitamin C	Too much competition
Not enough weight training	Too many meets
Too much weight training	Not enough meets
Building up slowly for next year	No medals awarded
Don't want to improve too soon	Medals too cheap to work for
Saving myself for ___ (name of girl, event)	Too many people depending on me
Bus too crowded, couldn't relax	No one cared about my performance
Car too crowded, got cramped	Don't like organized athletics
Bus too quiet	Only run for exercise
Started kick too soon	Only run for fun
Started kick too late	Didn't feel like running
Couldn't kick	Felt great and that's a bad sign
Worried about girl	Couldn't get excited about the race
Worried about money	I was over anxious
Worried about studies	My mind was too tense
Girlfriend unfriendly	My mind was too relaxed
Girlfriend too friendly	My coach doesn't understand me
When I saw that ___ was running I choked	I don't like my teammates
I didn't think	My teammates don't like me
I thought too much	Got discouraged when ___ passed me
He cut me off	Looking forward to indoor track
I cut him off and thought I was disqualified	Looking forward to outdoor track
DI fell down	Not looking forward to anything
I'm a mudder and it was a too dry	I slipped at the start
Can't run in the mud	I can't stand too much stress
They all jumped but me	I can't stand too much failure
I thought they would recall us to the start	I can't stand too much success
Poor starter	I have emotional problems
Poor finish judges	Study comes first
Poor track or course	I never had to run so hard before
footing too soft	Had a bad cold
Footing too hard	Can't run anything over a 220
Too warm	Had to stay home to babysit
Too cold	Don't know the pace
Shin splints	Guess I don't have the courage



Blisters Sore knee Headache I don't have any Adidas Forgot my shoes Chicken	Drank too much pop yesterday Not enough salt in my system Have to quit to get a job Have to quit to get better grades My doctor told me not to run, said it was bad for my heart My mother told me not to run
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