

HUTCHINSON HIGH TIDES

GOAL SETTING - SUMMER 2008

NAME _____

Motivation – committed motivation is the thing that makes the difference in athletes today. The definition of motivation is some inner drive, impulse, or intention that causes a person to do something or act in a certain way – in short, a goal.

Goals can be the most motivational step that you, as a swimmer, can take towards a successful season. Goals commit you to the work, the time, the pain, and whatever else is the price of achieving success. Goals provide the energy and drive to accomplish something. Goals must be high enough to excite you, yet not so high that you cannot vividly imagine them. This is the key to setting goals. If you can not see yourself attaining the goal, confidently, without a doubt, then you don't have a real living goal. Goals must be attainable, but just out of reach for now.

Goal setting is a necessary step towards success. We all have dreams. These are what goals are made from. Just get your dreams organized, set smart goals, and make a plan. Swimmers who know where they are going usually get there.

SETTING SMART GOALS

Goals need to be Specific, Meaningful, Affirmed, Realistic, and Trackable.

Specific means just that. Specific goals should be stated with a concrete time to be achieved as well as when you plan on attaining that time. For example – "My goal is to go 1:03.49 in the 100 Backstroke by August 1st." is a specific goal. On the other hand, "I'd like to break :30 in the 50 free someday" – or – "By the end of the season I want to be a lot faster than I am now" are not specific enough to be useful goals.

Meaningful goals are personal and purposeful to you. In order for you to be motivated enough to achieve them, they must be your goals,.. not your Mom or Dad's, not your coach's, but yours.

Affirmed means confirming your goals by firmly planting them in your heart and mind. Write them out, and put them on your refrigerator, in your locker, in your bedroom, or anywhere else you will see them daily. Be convinced that you will achieve them.

Realistic goals are achievable by you, within the time frame you've established. It's great to have high expectations, but goals must be attainable or you will not experience success and your effort will seem wasted.

Trackable means being able to chart your progress along the way. setting short term and long term goals is important to the process. the more short term the goal is, the more clear it should be, and it should represent a step in the direction of the long term goal.

KEY STEPS TO SETTING EFFECTIVE GOALS

Step 1 - What would you like to accomplish?

- Dream a little and see the end result.

Step 2 - Can you accomplish it?

- Do you have the physical abilities?
- Is this a huge leap of improvement?
- Can you break this down into smaller steps?
(For instance, if you are an 'A' swimmer and you want to qualify for zones, set your goal on making a 'Champ' time first.)

Step 3 - What are you going to do to get there?

- This is the step that turns your dreams into goals.
You now need to look at the process, and come up with a plan.
- The plan should include such things as practice attendance, practice performance, learning your race pace, and any changes in strength and technique that will be made.
- This planning is the actual backbone of your goal.
This is where your accomplishment really takes place.

Step 4 - Are you willing to follow the plan?

- Look at the plan. Does it fit in to the rest of your life? Can you expend the energy, and make the commitment necessary, to accomplish your goals?
- Use your personal history as a guide.

GOAL SETTING CHECKLIST

1. Read the steps you need to follow to set effective goals
2. Complete the Personal Evaluation and Swimming Questionnaire
Answer the questions honestly and to the best of your ability
3. Pick some of your favorite events, and fill out the Performance Goals chart
4. Come up with the plan for achieving your goals by setting 3 long term goals

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SET YOUR GOALS **NAME** _____

Select five races, and fill out the chart below.

	1	2	3	4	5
EVENT	_____	_____	_____	_____	_____
BEST TIME	_____	_____	_____	_____	_____
GOAL	_____	_____	_____	_____	_____
DATE	_____	_____	_____	_____	_____

In addition to your time based goals, list at least three other things that you plan to accomplish or improve upon this season.

1

2

3

TEAM GOALS

List three goals you'd like to see for the club.

1

2

3

(use the back of this sheet for anything you would like.... be creative, it's free)