

GOAL SETTING

What are your goals in Swimming?? Do you have a specific stroke that you want to improve? Do you have specific times that you are striving to achieve? Setting goals for yourself can be important to your competitive swimming career, but many people set goals for themselves in all aspects of their lives. Goals provide motivation to strive for achievement. They also function as an indicator of progress, and having a goal will give you something to work toward while you spend endless hours swimming up and down the pool.

You must believe in your goal to attain it. You must believe you are capable of attaining it. Hoping isn't enough. You must know that you are capable of achieving the goal. "The world steps aside for those people who know where they are going".

The more you think about, talk about, and write about something happening, the more you improve the probability of that thing happening. Write your goals down and keep them in highly visible areas for constant referral. Consider the following when making goals:

1. Keep your goals constructive and positive
2. Consider only those things of which you can control.
3. What do you want? When & Why?
4. Are there any obstacles in your path?
5. What will it take to overcome the obstacles?
6. What are you willing to give up?
7. What are you willing to give?
8. Make a commitment.
9. Write it down. Put goals where you can see them everyday.

10. DO IT!!!!

"Today's preparation determines tomorrow's performance"

"Luck is the residue of design. "

"Whether you think you can or you think that you can't, you are probably right."

"Obstacles are what you see when you take your eyes off of the goal."

"Winners make commitments, losers make promises"

" It is what you do when your coach is not watching that will determine your ability to improve."

GOAL SHEET FOR NWAA SWIMMERS

NAME: _____sfdgsdfgdsfg_____ SEASON: _____

MAJOR COMPETITION(S): _____ Place/Date: _____

_____ Place/Date: _____

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1. My Mission Statement: State your desired goals for this season. Focus on what you feel is potentially possible for you to accomplish if you stretch yourself to the limit.

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2. My Performance Goal: State performance goals for your best events. Be specific, list events and times. Make goals challenging, but realistic. List at least 4. (use back of page if you wish to list more)

Event 1: _____	Best time = _____	Goal Time = _____
Event 2: _____	Best time = _____	Goal Time = _____
Event 3: _____	Best time = _____	Goal Time = _____
Event 4: _____	Best time = _____	Goal Time = _____
Event 5: _____	Best time = _____	Goal Time = _____
Event 6: _____	Best time = _____	Goal Time = _____

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3. My Skill Goals: State specific skill goals. Identify the technical aspects of your stroke you need to focus on in your bid to improve your performance.

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4. My Attitudinal Goals: State your mental goals. Identify ways you may improve how you think about preparing for training and competing.

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Remember: Be realistic when setting goals. However, set your goals high. Shoot for the stars. The loftier your goals, the higher your risk, the greater your glory. **Opportunity** always involves risk. You can't steal second base and keep your foot on first base.