

Goal-Setting

“The significance of a man is not in what he attains but in what he longs to attain.”

Kahlil Gibran

“Every ceiling, when reached, becomes a floor, upon which one walks as a matter of course and prescriptive right.”

Aldous Huxley

“In absence of clearly defined goals, we become strangely loyal to performing daily acts of trivia.”

Author Unknown

Your role in achieving your goal must be giving your all. Involve yourself whole: with your heart, your mind and your soul.

Victoria Holtz

If you want to be happy, set a goal that commands your thoughts, liberates your energy and inspires your hopes.

Andrew Carnegie

You must have long term goals to keep you from being frustrated by short-term failures.

Charles C. Noble

Mental training: How strong is your mind?

Definition of a GOAL: an objective or desired outcome

“SMARTER” Acronym:

1. Specific- clear and understandable so we know what to do
2. Measurable- we want to set goals that we are likely to reach
3. Attractive- is this goal challenging enough to keep you interested in reaching it?
4. Realistic- is this a goal you have control over? Should not include any other individual in your goal because you cannot control them!
5. Timely- have you given yourself a time guideline, which is realistic?
6. Evaluated- how are you going to monitor your progress?
7. Re-evaluate- when will you rethink your goals to see if you have set SMARTER goals? Maybe you need to set some new goals. Set a date.

”Write it down. Written goals have a way of transforming wishes into wants; cant's into cans; dreams into plans; and plans into reality. Don't just think it - ink it!”

Author Unknown

CLOSE EYES, head down

- Put up your hand if you have set a goal before
- Put up your hand if you have ever tracked your goal and realized that you achieved your goal? Think about how that felt if you did.
- Put up your hand if this is the first time you have ever seriously set a goal
- Put up your hand if you believe that you can set a goal and achieve that goal by the end of this season

What is an appropriate goal?

Performance goal vs. outcome goal- give an example or work through one together!

Ex) The coaches goals:

1. Practices:
 - a. Offer practices that challenge every swimmer’s abilities with the focus of improving the physical, technical, tactical, psychomotor and mental skills of each individual swimmer
 - i. Create an organized seasonal plan that include each aspect of training including goal setting.
2. Meets:
 - a. Record the progress of each swimmer and help individuals improve their swimming abilities.
 - i. Offer each swimmer advice and encouragement for every race, and keep track of best times

What is the point of setting goals:

Our job as your coaches is to help you set goals and help guide you towards achieving your goals. We can't help you if we don't know your goals!

Workshop 1: Develop one LIFE goal

Swimmers:

- Nutrition
 - Use GROW Model

Parents:

- What is one aspect of your life that you want to improve?
 - Use Wheel of Life and the GROW Model

Workshop 2- Develop one SWIMMING goal

Short-term goals: Choose 1 event and make a goal for that event

- Use GROW Model
- Other areas of your swimming that you can improve on (see Wheel of Swimming-fill in each pie slice with the swimming categories, choose 1 area to focus on and then use GROW model)

Suggestions for short-term goals:

- At Meets For each event: 1 time goal & 1 technical goal (how to reach your time goal)
- Practices: Attendance, Equipment, Behaviour, Effort, Focus

Long-term goals:

- Any long term goals as an athlete (will go over in practices within own groups)

Parents:

- What are your objections and goals for putting your children in summer swim club? Please work through the GROW model!!!

Workshop 3- Develop 3 SUNFISH TEAM goals

1. Attendance
2. Team meets- have at least _____ members attend the meets
 - a. How are each of you going to help our team reach this goal?
3. Home meet-
4. Regionals & Provincials

What keeps you focused on you goals?

- Think of a song and a cue word that reminds you of your goals so that when you hear them you are pumped and motivated to reach your goals!

“GROW” Model:

GOAL- Set a SMARTER goal (see attached sheet)

REALITY- What is happening at the moment?

1. Describe what, when, where, how much, and how often?

2. What is working for you now?

3. What is holding you back?

OPTIONS- Shift your perspective to a positive attitude if you are having trouble imagining yourself reaching your goal. What 3 options do you have to reach your goal? (see attached sheet)

1. What are you already doing that is working for you now?

2. What are the pros & cons of these options? (see attached sheet)

3. **MIRACLE QUESTION-** close your eyes. You have just woken up from the best sleep ever and you start your day realizing that you are the “ideal” person you have wanted to become. The problems you faced yesterday are gone and you have somehow in your sleep solved these problems. Write down what this “ideal” person you have become:

➤ Feels _____

➤ Behaves _____

➤ Thinks _____

➤ Looks like _____

➤ Hears _____

➤ Smells _____

➤ Tastes _____

➤ Anything else you love about this “ideal” person you have become!

WRAP-UP- What are the next steps to take? **BE SPECIFIC!!!**

1. What will you do to move forward?

2. How confident are you that you can achieve this? (1-10) 1 2 3 4 5 6 7 8 9 10

3. How can you keep track of your progress? _____

4. Who can support you? _____

“SMARTER” Goals

Specific-

- Describe a clear goal so you understand what you want to do

Measurable-

- How will I monitor my progress?

Attractive-

- Why is this goal attractive to you?

- Rate the attractiveness of this goal from 1-10. Is this goal challenging enough to keep you interested in reaching it?

Realistic-

- How realistic is this goal to me? Is this a goal you have control over? Should not include any other individual in your goal because you cannot control them!

Timely-

- When do I want to have achieved this goal?

Evaluated-

- How will you know you have achieved your goal? Write down when you will look at your goals in your logbook and evaluate your progress towards reaching your goal.

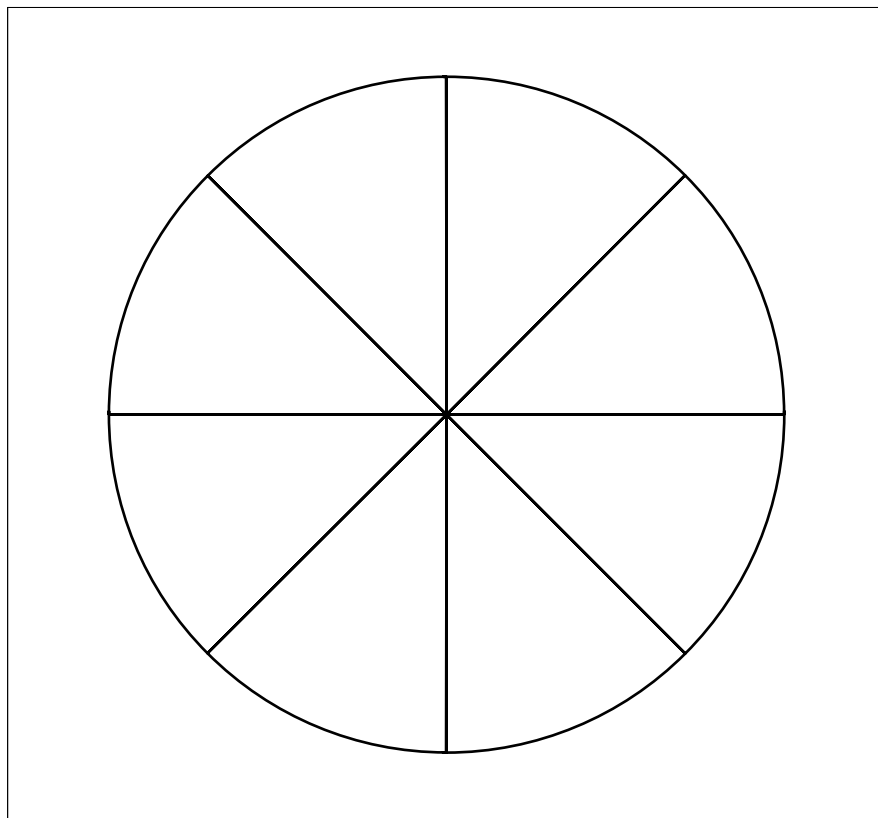
Re-evaluate & Record it-

- Have you written this goal in your logbook? When will you rethink your goals to see if you have set SMARTER goals for yourself?

- When will you set some new goals?

Options to reach goal:	Positives	Negatives

Wheel of Swimming/ Wheel of Life



Swimming: Attitude, Commitment, Mental, Nutrition, Physical fitness, Practice Ethic, Spirit, Technique
Life: Finances, Fitness, Health, Home, Learning, Personal, Relationships, Work