

SWIMSTRONG

Setting goals is a valuable life skill. Writing down and working towards goals will help you with every aspect of your life.

This goal setting program is available to each swimmer to encourage each of you to set goals for this swim season.

Below you will find the following:

1. **Goal Setting Process**- explains goals and gives examples of goals
2. **Goal Worksheet**- a worksheet for you to keep and record each goal you have set for yourself and your progress you have made toward achieving your goal. Once you have met your goal you should record the date you met your goal, keep that worksheet in your folder, and then print out and complete a new goal worksheet with a new goal.
3. **Goal Summary**- a form to give your coach so he/she knows what you are striving for this season.

Some of you will jump in and set many goals for yourself. Some of you will be unsure of what to do. Here are some guidelines if you feel confused:

8 & Under	9-10	11 & Over
At least one goal related to:	At least one goal related to:	At least one goal related to:
1. swimming	1. swimming	1. swimming
2. Splash Out Cancer	2. Splash Out Cancer	2. Splash Out Cancer
3. your choice	3. helping at home	3. helping at home
	4. your choice	4. school
		5. your choice

Swimmers,
if you have any questions please ask your parents or coach to help you.

Parents,
if you have any questions please ask a coach or a board member.

SWIMSTRONG

Goal Setting Process

If you want to swim faster, set a goal!
If you want your mom and dad to smile more, set a goal!
If you want to get better grades, set a goal!

What is a goal?

A goal is a well-defined target to aim for.

- it says exactly what you want to achieve
- it is numbers based so it can be easily measured
- it has a plan containing the action steps you'll take to achieve your goal
- it has an outcome that you can reasonably achieve by the date you have chosen and is within your control

How can a goal help me?

A goal is a tool that helps you make a positive change in your life.

- provides motivation, persistence, and desire that you need to move from where you are to where you want to be
- gives you clarity, direction and focus
- improves a skill or talent
- forms a new habit

Who can help me write a goal?

- your parents
- your coach
- your teachers
- your friends

Examples of a goal:

- I will swim the 50 free in 28.69 seconds by March 15, 2010.
- I will rake leaves for two of my neighbors to raise \$10 for the SwimStrong Splash Out Cancer Meet.
- I will write my cousin in Iraq a letter once a week from now until Christmas.
- My first quarter math grade will be a 95%.

Am I done once I write a goal?

No! Goals work best when you regularly review your progress towards your goals and make adjustments.

- you may need to revise your goal
- you may need to revise your plan you have written to achieve your goal

SWIMSTRONG

Goal Worksheet

Name _____

My goal is _____

This goal is important because _____

My target date is _____

To reach my goal I will do these 3 things:

1. _____
2. _____
3. _____

I will review my goal monthly and keep track of my progress. I will revise my goal if necessary. When I reach my goal I will fill out a new goal worksheet with a new goal.

Monthly dates I reviewed my goal:

	Date	Comments:
1.		
2.		
3.		
4.		
5.		
6.		
7.		

SWIMSTRONG

Goal Summary

Turn this form in to your coach.

Name _____

Age as of Dec. 31 _____

Practice level _____

My goals are:

Swimming goal:

1. _____

Making a difference by independently raising \$10 for the
SwimStrong Splash Out Cancer Meet goal:

2. _____

Helping at home goal:

3. _____

School goal:

4. _____

Other goals:

5. _____

6. _____

7. _____

If you need more room please use the back of this paper.