

Goal Setting



Dan McCarthy, Sport
Performance Consultant

Reaching Your Goals is Like Following a Road map

- The Final Destination is your Long Term Goal
- The Route you take is your Season or Career Plan
- The Stops along the way are your Short Term Goals



Long Term Goals



- What do you ultimately want to accomplish?
- Clearly define your Long Term Goal.
- Recognize your Starting Point.

Dan McCarthy, Sport
Performance Consultant

What is your Route?

- Talk with your coach about your Training Plan.
- What detours are on your route (vacations, school events, etc.)?
- What are your big and small meets during the season?



Short Term Goals



- Evaluate your progression by setting smaller goals along the way.
- Long term goals alone provide no feedback or specific direction.

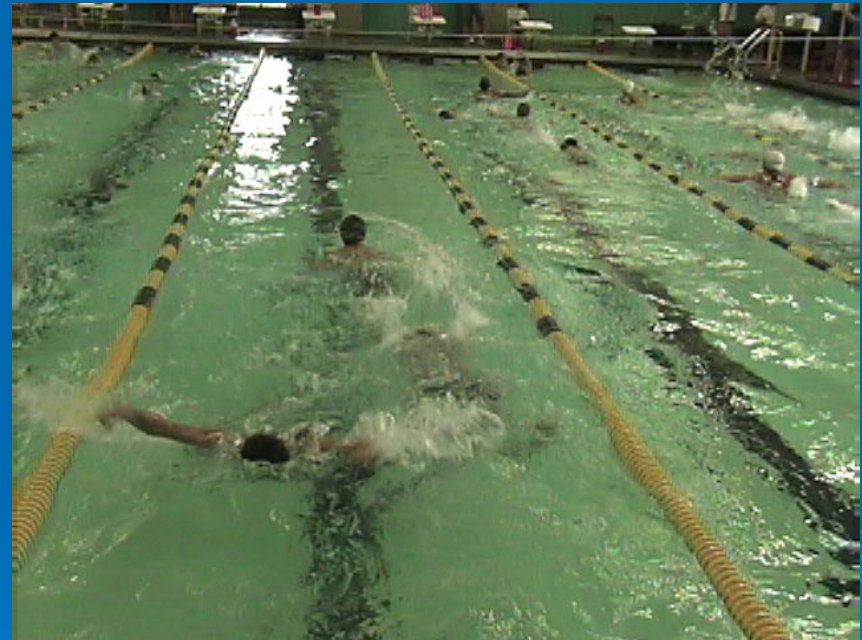
Process Goals

- Help athletes focus on the process of performance as opposed to solely on performance outcome.
- Positive goals that relate to athletic performance:
 - Training Goals
 - Technical Goals
 - Psychological Goals
 - Nutritional Goals
 - Lifestyle Goals

Training Goals

➤ Do your Performance Goals match up with what you are willing to do at practice?

1. Attendance
2. Intensity
3. Focus



Technical Goals



- Do you have to make technical changes to accomplish your Performance Goals?
- Does your coach have suggestions or ideas regarding your technique?

Dan McCarthy, Sport
Performance Consultant

Psychological Goals

- Are you always mentally prepared for competition and practice?
- Do you use positive or negative thoughts to motivate yourself?
- Can you visualize yourself being successful before you compete or practice?



Dan McCarthy, Sport
Performance Consultant

Nutritional Goals



- Do your nutritional habits help or hurt your chances of achieving your Performance Goals?
- Do you have access to good nutritional information? Who should you ask?

Lifestyle Goals

- Do the choices you make away from the pool help or hurt your chances of achieving your Performance Goals?
- Are your friends and family supportive of the goals you want to accomplish?



Dan McCarthy, Sport
Performance Consultant

Why should you Set Goals?

- Goal Setting provides direction and Enhances Motivation.
 - Remind you where you want to go and how you are going to get there.
 - Practices can be physically and mentally draining; goals reinforce why you are there and what you are trying to accomplish at each training session.

Why should you Set Goals?

- Goal Setting builds confidence and provides feedback.
 - Reaching your short-term goals builds confidence not only in your abilities but in the path you have chosen towards your Long Term goals.
 - Short-term goals that are evaluated regularly provide you with feedback about your progression toward your Long-term goals.

Goal Setting Tips

- Be specific!
 - Broad goals do not offer much guidance.
- Goals must be realistic and challenging.
 - Goals that are too easy or too difficult will not provide many benefits.
- Evaluate your goals regularly.
 - Provides feedback and confidence because progress can be noted.
- The goals must be yours.
 - They can't be your coach's or your parent's.
- Be flexible.
 - Things change; good and bad.
- Be public.
 - Share your goals with family, friends and coaches.

Celebrate Your Success!



Dan McCarthy, Sport
Performance Consultant