Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(First) (Middle) (Last) (Nickname)

Season Year & Course: 2021-2022 Short Course Season

Please read carefully and answer every question. Be sure to put time and thought into your day to day training and the overall season when answering the questions asked below. Please do not give one-word answers and answer each question honestly.

**Instructions**

**Goal Setting** Setting goals is a personal process and unique to each individual. Some like to set really high goals; some prefer to set shorter term, easier goals. But all goals should follow the S.M.A.R.T acronym.

1. S = Specific. ‘Get faster’ is not a good goal, you need to be Specific. For example, have a better start is more specific than ‘get faster’.
2. M = Measurable. We can easily measure things in swimming. In our start example, a coach can time you to the first yellow at Harper so you have a best time for just your start, then improve from there.
3. A = Attainable. Similar to the next one….
4. R = Reasonable. Using our start example, you can improve ‘better start’ to: drop .5 second on my start time to the 1st yellow. Is that attainable and reasonable? Yes! Is jumping over the flags from the block? I wish.
5. T= Time frame. When do you want to hit your goal? By the first meet, the end of the season, or within the next two years? So, our example needs a time frame: my goal is to improve my start time to the 1st yellow by .5 seconds by Fishers. This is how your goals should read!

The above goal is what we call an outcome goal. Outcome goals are important, but they are less effective without process goals to go along. A process goal answers the question: How are you going to achieve that goal? What are some process goals you can set to reach your .5 second start improvement by Fishers?

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Ok, you’re ready to set your own goals now…

**Times** Please complete the following table. You must list at least 6 events, but feel free to list more. Keep in mind that this is the LONG COURSE season. Every swimmer should know their best times. Every ‘great’ swimmer I have ever met has known all of their best times!

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Event** | **Best time** | **Goal Time**  **(Outcome Goal)** | **What pace do I hold**  **(events 200 and longer)** | **List at least 1 specific thing you will do well to help reach this goal (Process goal)** |
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**Swimming Goals** Think about the goals you want to reach in answering the following questions.

1. Swimmers can improve the most in events by working on their weakest areas. What is your weak area? What is a specific goal for this season? *For example, Kicking is my weak area- My goal this season is to make 100s kick on 1:40. Last season the best I could make was 1:50. Or, Breaststroke is a weak area for me- I can improve my IM by pushing myself every time I swim Breaststroke. I want my 50 split in an IM to be 40.00 by the end of the season.*
2. What is something you can do to be a better leader and teammate? *For example, you will celebrate your teammates’ success just like your own.*
3. Keeping your goals in mind, what would you like to do more of this season? *Please do not just list “relays.” I’m looking for favorite sets/practices.*

**Away from the** School, family, and a life outside the pool are important. Begin thinking of skills and other

**Pool**  aspects of life that you need to work on to become a well-rounded person.

1. Are you achieving to the best of your abilities in school? How will/do you balance school and swimming to ensure you receive the grades you are capable of?
2. Do you receive a balanced diet and enough sleep? What can you improve in this area to make sure your body is physically prepared to perform at 100%? Do you bring a water bottle to every practice?
3. What goal do you have for home to make your life happier and more stress free? *For example, you will complete all of your college essays in a timely manner.*
4. What do you love most about swimming? Why are you proud to be a PPD Tiger Shark?

**A little about yourself…**

Favorite Show/Movie/Book/Video Game: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Favorite Restaurant/meal (and what you eat there): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Favorite swim or meet as a swimmer: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_