

## **Goal Setting Funnel:**

The goal setting funnel should be drawn on the back of the page as big as possible. Starting at the bottom of the funnel put down 2-3 specific and challenging goals. For example... 3<sup>rd</sup> or better at Age Group Sectional in the 100 Back (1:01.50). Must be specific and challenging. Immediately above that put down what must happen before you get 3<sup>rd</sup> or better in finals which would be... make it into finals in the 100 Back then make the sectional cut in the 100 back and so on. Once these immediate and specific goals have been established fill in the rest of the funnel with 15-20 sub goals that will contribute in the athlete reaching his/her ultimate goals. For example some sub goals to fill in the funnel could be...

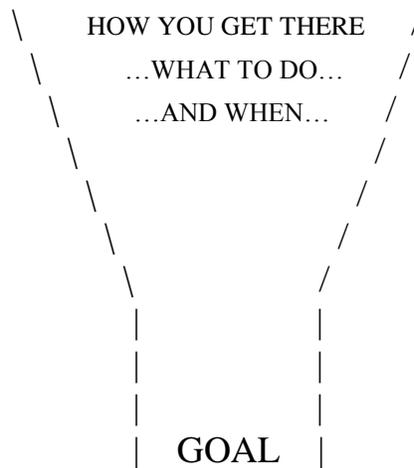
1. Good grades
2. Proper nutrition
3. Plenty of sleep 8-9 hours a night
4. Streamline all the time
5. Proper race strategy
6. Listen to your coach
7. Dolphin kicks!
8. Strive for 100% attendance
9. Have fun!
10. Great work ethic

Once the coach has looked over the goal setting sheet and made some comments on it (things that were good/bad along with things that can be improved) give it back to the swimmer and tell them to post it somewhere in the house where it can be seen all year long...refrigerator, in their room or locker. In this way it can remind them everyday what they are striving for and to keep them focused. Have fun!

# KING AQUATIC CLUB

## Goal Setting

- I) Goals:
- A) Life goals (what do you want to be when you grow up?).
  - B) Swimming goals/dreams (what are your ultimate goals/dreams in swimming).
  - C) Funnel



- II) Self-Image Metaphors:
- A) Think about your goals.
  - B) Think about yourself.
  - C) Draw a picture of something that you feel describes you (metaphorically), as you are striving to achieve your goals.

