

Swimmer's Goal Setting | CCSC

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swimming goal:	Swimming goal:	Swimming goal:	Swimming goal:	Swimming goal:	Swimming goal:	Swimming goal:
Nutrition goal:	Nutrition goal:	Nutrition goal:	Nutrition goal:	Nutrition goal:	Nutrition goal:	Nutrition goal:
Better you goal:	Better you goal:	Better you goal:	Better you goal:	Better you goal:	Better you goal:	Better you goal:

*Break down your goals into specific actions. Don't just say swim harder, break it down... Lead the lane in at least one set, do not skip any laps, do not pull on lane ropes, race yourself inside a set (time yourself and aim to beat yourself in practice), etc...Don't just say, eat healthy, break it down.... Think about your eating in detail for the day and make a change: eat yogurt instead of ice cream, pick a salad instead of fries at lunch, have fruit for a snack instead of candy, etc...Don't just say, be nice, break it down....Help mom clean up after dinner, play with a younger sibling. Don't just say clean up (we all know that will be skipped) try picking a task, make your bed, pick up dirty clothes, organize your shoes in your closet, etc...

Happy New Year! For those of you who are new to our team, I'd like to introduce myself. I am your team dietitian. I completed my BS in Nutrition and my MS in Exercise Physiology from LSU. I attended the University of Houston for my dietetic internship. Upon completion of my education I worked at Pennington Biomedical Research Center in Baton Rouge. When we moved back home to New Orleans I worked at Touro in the Diabetes Education Center. I am now a proud mom of 3 children. My two youngest are now swimming. I was coached by Coach Mike and swam for CCSC. I am proud and honored to be able to share my nutrition education with you all.

The New Year is upon us and talks of resolutions are in the air. For many of you swimmers you may have the goal of state. While keeping your eye on the prize you have to make sure you pay close attention to the small steps which result in you reaching your goal.

Parents and swimmers alike, when it comes to setting goals and making New Year resolutions you have to think small to gain BIG!

Swimmers: Whether you want a best time at state or just to qualify you need to focus on

small daily goals to achieve your state aspirations.

👉 **Nutrition:** These monthly newsletters are intended to educate but also Coach Mike's subtle reminder that you must keep a focus on good nutrition. Start small, pick the easiest meal to improve. High school swimmers you may have more control over your lunch than what mom and dad cook, so start by surveying what you usually choose do a double check to make sure you are eating the healthiest option. Parents, for your young swimmers, snacks are a great place to start. Give your children healthy choices, but give them a couple of options so they feel in control and proud of their healthy choice. (see Record Keeping for more info)

👉 **Hydration:** In the colder months it is easy to forget to hydrate throughout the day resulting in poor hydration during practice. Set daily goals to drink water.

👉 **Physical performance:** This is Coach Mike's area of expertise. However, keep in mind athletic performance is a result of getting back what you put into it.

Parents: One of the best ways you can teach your children a healthy lifestyle is by example. If your lifestyle could be healthier start this year and follow some of these simple steps toward a healthier you:

- ✓ Make specific goals: Instead of saying, "I want to start working out more," say, "I will do 30 minutes of physical activity per day."
- ✓ Limit yourself: Stick to one resolution instead of a few.
- ✓ Post reminders: Hang up a written reminder of your resolution in a visible place.
- ✓ Take action: Sign up for a gym membership or start adding more fruits and veggies to your meal plan immediately.
- ✓ Start making healthy choices: If your goal is to eat less "junk food," find a healthy snack you enjoy instead.

Write it down!

All too often we set a goal in our head which is all too easily forgotten. Start a goal notebook, sheet or calendar, anything to put the goal in black and white. Writing down goals offers as a reminder but also helps you define the goal. Attached you will find a sample goal sheet, make modifications so that this tool will work for you and your family.

Record Keeping

Writing down goals are critical for success. Keeping notes is also valuable when it comes to knowing your nutrition. Here are four reasons why you should start journaling your meals:

1. It shows that what you think and what you eat aren't always the same. Keeping a food journal will give you an increased self-awareness of what you eat.
2. It reveals gaps in your nutrition. Journaling your food helps you determine whether you are meeting your protein, carbohydrate and fat needs each day and helps you stay on top of hydration.
3. It's a powerful tool for you and me... If you'd like me to offer suggestions to better improve your nutrition, I need to know what you are eating and drinking currently.
4. The journal will provide critical information on your performance. Your journal will allow you to draw a direct line between your nutrition and your performance.

Keep in mind there is no perfect way to keep a food journal. Just start writing down what you eat, how much you eat, the water you drink, the candy/gum and snacks between meals... You will begin to pay closer attention and your journal will evolve to be a useful tool to

create improvement in your nutrition. You can even try an app for your phone, there are plenty free ones... won't hurt to try it out.

King's Day

January 6th

Yep, here in New Orleans we go from Christmas time to Carnival time! All too often when nutrition becomes a quest for change we become too black and white, you are either on or off a diet, being good or being bad with eating... STOP! Know that all foods can fit and to survive the good food and good times we are so blessed to have in New Orleans, take it all slow and in moderation. One small piece of king cake can be as sweet and delicious as a big piece we gobble up in seconds. The best thing about choices in eating is that the next meal or snack is just a couple of hours away, giving you plenty of opportunity to make the better choice and keeping the richer foods as just an occasional treat to be savored.

Monthly challenge:

Teenage Athlete- Keep a food journal. Print the "goals sheet" and give it a try.

Parents- Start with you. You have to take good care of yourself to take good care of your children. Take note of

your lifestyle and set goals to be a good example for your kids.

Nutrition goal:

1. Grocery shopping goal:
2. Family meal goal:
3. Personal daily goal:

Exercise goal:

1. Weekly goal
2. Daily move more goal

*As a parent you have yourself and your family to set goals for. Break down your nutrition goals into goals for the weekly grocery trip, meal time goals and your own daily personal eating habit goals. Exercise, be specific for your weekly goals. To say you will exercise 3 days a week will leave you on Friday saying, shucks, I only have 3 days left to the week and I am out of time. Look at your week and determine when and how you will schedule your exercise. Don't think of physical activity as just "exercise". Set daily goals to move more, perhaps you walk to pick your kids up from school, walk during swim practice, play ball with your kids, take a walk after dinner, etc...

"WHAT YOU GET BY
ACHIEVING YOUR GOALS IS
NOT AS IMPORTANT AS
WHAT YOU BECOME BY
ACHIEVING YOUR GOALS."

~ZIG ZIGLAR

Your goal
should be
out of reach
but not
out of sight.

ANITA DEFRANTZ

Strategic, stretching, significant
Measurable, meaningful, motivational
Attainable, agreed upon, achievable,
acceptable, action-oriented
Results-based, realistic, reasonable,
rewarding
Time-bound, timely, tangible, trackable

Are you setting S.M.A.R.T. Goals?

*The most important
thing about goals
is having one.*

~Geoffry F. Abert

The Victory of Success Is Half Won
When One Gains The Habit of
Setting and Acheiving Goals

~ Ogr Mandino

"A dream is just a dream.

A goal is a dream with
a plan and a deadline."

– Harvey Mackay –

an **idea** is just a

DREAM until you

write it down...

THEN it's a

goal.

A swimmer is shown from the back, wearing a black swimsuit and a pink swim cap. They are adjusting the cap with both hands. The background is a blurred poolside area with blue water and some structures.

**MOTIVATION
WILL ALMOST
ALWAYS BEAT
MERE TALENT.**

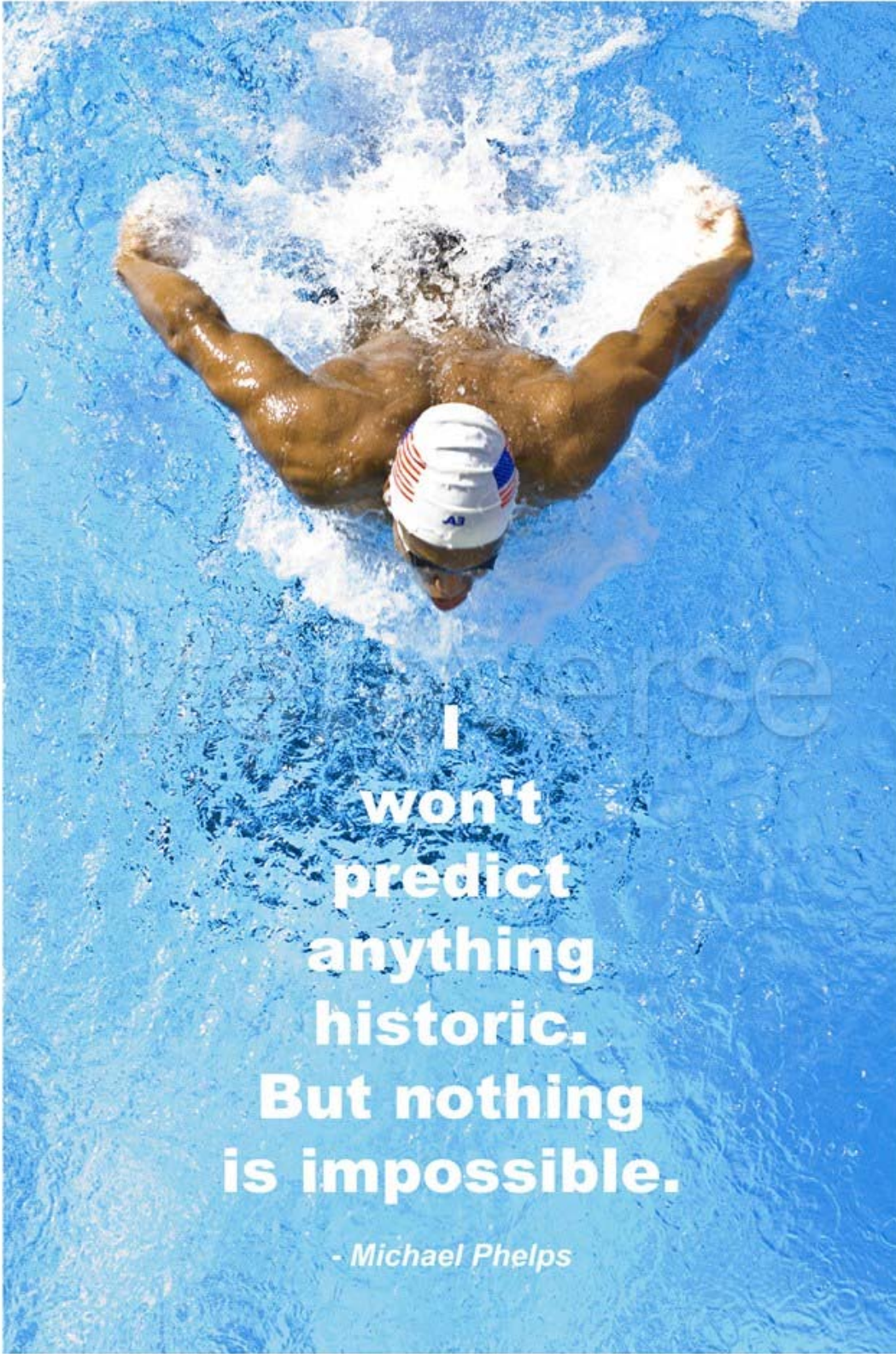
-NORMAN R. AUGUSTINE

Swimmers don't swim because it's fun. Ask any of us most of us hate it. But we couldn't imagine our lives without it. It's part of us, it's something we live for. We live for the 3 hr. practices, the team parties, the cheers the long bus rides, the invitationals, the countless swim caps the chlorine, the jokes the friendships, the laughs the coaches you hate but appreciate later. We live for the way it feels when you beat the person next to you by a tenth of a second because we know how much it matters and you know those two extra laps you did in practice were worth it. We live for the way you jump every time you hear a buzzer, or the way you scream whenever you hear the gun on the 500 even though you hear it every time. We live for the workouts and the goals we set at the beginning of the season. We live for the way you become a family with your team. We live for the countless songs you sing in your head while swimming laps. We live for the people who scream at you even though all you hear is BLAH BLAH BLAH. We live for the competition, the friends, the practices, and for the pain. We live for the race, the sprint, the distance, the team. It's a part of us because

WE ARE SWIMMERS. ♥

(and we love it)

#swimquotes



I
won't
predict
anything
historic.
But nothing
is impossible.

- Michael Phelps

The things you learn from sports – setting goals, being part of a team, confidence – that's invaluable. It's not about trophies and ribbons.

It's about **BEING ON TIME** for practice, **ACCEPTING CHALLENGES** and being fearful of the elements.

– **Summer Sanders**
(Olympic gold medalist in swimming)

POSITIVEMOTIVATION.NET