

NJ Wave Goal Setting Notes:

Dreams:

- Very Important.
- First step toward Goal Setting and Motivation.
- Will not help you accomplish goals by themselves.

Goal:

- Is something that you're absolutely going to do.
- Be Realistic.
- What does it entail:
 - Change the way you think,
 - Change the way you train.
 - Change what you eat.
 - Change who you hang out with (if necessary).
- Goals require Specific Action (as opposed to dreams).
- Goals come out of dreams.
- A great thing about Goals is that they can grow and change:
 - You can develop new goals.
- "If you want to reach the moon..." THEN:
 - Take dead aim at the moon.
 - Set a plan for hitting the moon.
 - When you hit the moon, you can see a lot more stars.

Team:

- Support everyone else in his or her goals.
- Help everyone else on the team reach his or her goals.
- Create an atmosphere that is conducive to reaching team goals..
- Try to get the whole team / group to a higher level.

Some team goals:

- Greater focus on relays for team scoring.
- Everyone achieves an IMX score and moves up.
 - (200 IM/400IM/400-500 free, 200 back, 200 brst, 200 fly)
- More people swimming distance (800/1500; 1000/1650) for team point scoring.
- USS Virtual Club Championships.
- Help individuals raise their level 1 level above where they're at.