Goal Setting Notes

1. Time goals table

1. Column 1: record top 7 events, including distance and stroke
2. Column 2: consult best times sheet for SCY PRs, the swimmer’s TU account, or the USA Swimming times page
3. Column 3: list season-end goal time
4. Column 4: “Standard for which it qualifies” refers to the next fastest qualifying time or USA Swimming motivational standard that the swimmer’s time goal will beat or was selected to beat
5. Column 5: Technical goals refer to stroke and turn mechanics, timing, etc; strategic goals refer to pacing plans, breathing patterns, # of underwater kicks, tempos, etc.

2. Practice-management habits refer to how swimmers use their practice opportunities and include arriving prepared and punctual, listening carefully, attending to detail, monitoring parameters, swimming with a technical purpose, engaging their resources, encouraging teammates, exceeding expectations, completing challenging sets, minimizing lost time, seeking ways to help, manifesting a “What’s next?” attitude, etc.

3. Invisible training habits refer to sleep hygiene, nutrition, time-management, self-talk, visualization, etc.

4. Ways you intend to contribute to the team: this question asks swimmers to consider how their actions affect their teammates, the training atmosphere, and team culture and to brainstorm ways that they can be a net contributor to a positive team dynamic.

5. Intended practice schedule (assume 6 practices/week are available)

6. Intended meet schedule (meets are listed below for reference):

SCY 2022-23 ASC Meet Schedule

|  |  |  |  |
| --- | --- | --- | --- |
| **Meet/Location** | **Date** | **Format** | **Notes** |
| Aberdeen Intrasquad | Sat 10/29 | Timed finals (TF), one session | Team effort |
| Pierre Invite | Fri 11/4-Sun 11/6 | TF, split sessions | Team effort |
| Watertown  Candy Cane Inv | Fri 12/9-Sun 12/11 | TF, split sessions | Team effort |
| Aberdeen Wtr HP Invite | Sat 1/7-Sun 1/8 | TF, split sessions | Team effort |
| Watertown Qualifier | Fri 2/10-Sun 2/12 | TF, split sessions | Team effort unless at B Champs |
| B Champs—Rapid City | Fri 2/17-Sun 2/19 | TF, split sessions | Dequalifying times; team effort for eligible |
| 12u A Champs--Watertown | Fri 2/24-Sun 2/26 | TF, one session/day | Qualifying times—team effort for qualifiers |
| 13-over A Champs—Pierre | Th 3/2-Sun 3/5 | Prelim-final | Qualifying times—team effort for qualifiers |