



CITY Goal Setting w/ Missy Franklin Model

CITY Swimmers,

Goal setting is a very valuable tool in swimming and one that can be utilized to help you on your journey. A goal is defined as the result of achievement toward which effort is directed. Having goals is great and can be a powerful motivational tool. But just because you say you want to make the Futures cut in the 200y Fly, or make the USA Swimming National Junior team, doesn't mean they are going to happen.

Goals start out as thoughts, wants and ideas. In actuality, they are just words and/or numbers. To make your goals more concrete, write them down someplace. State what you want to work towards. Be specific. It is no longer a thought, but rather actions and directions you are willing to follow.

To make improvements, you *must step out of your comfort zone and usual routines*. Insanity can be defined as doing the same thing over and over and expecting different results. Swimming the same pace on every set will not help you improve. In swimming, you will see some sets repeated throughout a season. Some of these are tests sets by design in which you can gauge your progress. To improve, you must be willing to go the extra mile, hurt a little more, push yourself beyond what you *think* you are capable of doing.

Your teammates can be your greatest asset in achieving your goals. If you all challenge and push each other every day, you can continually raise the bar and achieve more. *Encourage each other, be positive and supportive!* Follow the platinum rule: treat others the way they want to be treated. It's ok to be scared but working together can help you overcome any obstacle!

Here are a few thoughts about goal setting:

- Challenge yourself and don't be afraid to set ambitious goals.
- List your goals somewhere you can see them (notebook, journal, planner, locker, mirror, screensaver on your phone, write them on your gear) every day.
- Doing things correctly helps you develop good habits. Remember, the way you train is the way you race.
- Take responsibility for how fast you are swimming/racing and hold yourself accountable. Only you can control the outcome.
- Believe in yourself and your abilities. Don't let competitors/rivals dictate who you are and how you race/train.
- Use time standards to help plan your path towards your goals.
- Time is measuring device, but not the final metric of success/failure. A specific time can be a glass ceiling, meaning that if that is all you see or think about, then you forget the steps and the process.

Lastly, remember that the decisions and choices you make along the way are what will shape you more than anything. Use difficult learning experiences/challenges to make yourself better and to give you more drive to accomplish your goals! The steps along the way are what make your dreams into realities! *Embrace the journey!* Believe in yourself. Only you know how far you can go!

Respectfully,

Coach Mike

Missy Franklin Goal Setting Model
(from the Oct 2020 Utah Swimming Swimposium)

There are 3 types of Goals: Outcome, Performance, and Process

Outcome Goals: These are the big, scary, bold, dream goals. Not something that's going to be accomplished in a short time frame. They are something you are going to have strive for in a way that you are so far out of your comfort zone it's scary. Dream big, dream ultimate, challenge yourself beyond your wildest dreams.

i.e. Gold Medal at the Olympics

Performance Goals: These goals are generally time goals, or time standard goals. Performance goals can be end of season goals or end of year goals, generally something that isn't easy to attain that is going to take some time. Gotta work for 'em.

i.e. Summer Jrs Cut in the 400m IM; Team Record in the 13-14 Boys 100y Fly.

Process Goals: Process goals are the most important goals. These are the daily, weekly and monthly steps that determine the path you will take to get to your Performance and Outcome goals. This is what you do every single day, both in practice and outside the pool. How you eat, how you sleep, how you prioritize your activities. Achieving a goal is about the everyday journey and steps taken along the way. Its all about the process....

i.e. Having good underwaters every repeat; making sure to get at least 7 hrs of sleep each night; working every flip turn; proper push-offs.

Other aides in goal setting:

Visibility: Keep your goals visible to you so that they are a constant reminder for what you are looking for. A goal planner or notebook is a great way to keep track of things and help you keep yourself accountable. Use it every day.

Accountability Partner: Give/share your goals to someone to help you be accountable. This should be someone whom you trust and will help you. It should be someone that is a positive influence in your life but also help keep you accountable while being supportive.

Help: Absorb help and ask others for help. You are not alone while you are on your journey. You have coaches, parents, teammates, and friends that can help you and provide resources and motivation. It's ok to get stuck along the way, but don't be afraid to ask for help to figure out your path.

Non-performance Goals: Goals are not just for sports. They can be used for any situation in your life. School work, interactions with friends/family, decision making, etc. They are a powerful tool to help you navigate any situation.