

Goal Setting

"Excuse me, Sir," Alice inquires. "Could you tell me which road to take?" Wisely, the caterpillar asks, "Where are you going?" Somewhat dismayed, Alice responds, "Oh, I don't know where I am going, Sir." "Well," replied the caterpillar, "if you don't know where you are going, it really doesn't matter which road you take." (Alice in Wonderland – Lewis Carrol)

Goal setting gives athlete's an edge in three areas:

1. Goals provide **direction**.
2. Goals provide **feedback**.
3. Goals **motivate**.

As parents and coaches, we need to help swimmer's think about:

1. Where do they want to be at the end of the season?
2. What do they need to do in order to get there?
3. What skills or tools do they need in order to reach their goals?

There are different types of goals. **Dream goals** allow you to project years into the future without any limits. (For example, I want to make the Olympic Team.) **Long-term goals** are typically one season. (For example, having an improved streamline, a goal time, qualifying for State) **Short-term goals** are stepping-stones for the long term goals and are usually set for between two weeks and a month. **Daily goals** are needed to maintain focus and motivation. They should be set every day in practice and competition (For example, practice specific skills/technique, attend practice / be on time, healthy food choices, # hours sleeping). An **outcome goal** is any type of goal directed at the end result. Outcome goals are hard to control because they depend on both the ability and skill of the swimmer and his opponents. (For example, winning an event or achieving a time standard) **Task goals** are what the swimmer has to DO in order to accomplish their outcome goals. (For example, being aggressive in and out of each turn, kick hard, eat a good breakfast) These help to get swimmers focused on what they can control...then if they can accomplish their task goals, the outcome usually takes care of itself.

Remember, goals are meant to provide direction, give feedback on progress and motivate. Goals must be flexible and can be modified, if necessary.

Adapted from <https://www.usaswimming.org/ViewMiscArticle.aspx?TabId=1781&Alias=Rainbow&Lang=en-US&mid=7901&ItemId=3615>

Let's get started...

Why did you join swim team?

Swimmer's Name



Parent's Signature

Dream Goals:

- 1.
- 2.

Long Term Goals:

- 1.
- 2.
- 3.

Short Term Goals:

- 1.
- 2.
- 3.

Daily Goals:

- 1.
- 2.
- 3.

**Oh the places you'll go,
Today is your day!
Your mountain is waiting,
So ...get on your way!**
--Dr. Seuss