

## Goal Setting

The first step in determining where an athlete *would like* to go is to identify where the athlete *has already* gone. Take a minute to remember your accomplishments.

As we move forward, you need to learn how to challenge yourself, to respond to guidance, and to work with one another. Swimming is unique in that it is simultaneously an individual sport **and** a team sport. *Remember to think of your teammates as you begin to identify your goals; they are the ones who will work with you to achieve!*

**What is one of your dream goals in swimming?** (This is something you may never achieve, but it is still healthy to dream! For instance, growing up I dreamed that one day I would train with and compete against Janet Evans, a 3-time Olympic distance freestyle competitor. ☺ What are *your* dreams!)

**Tell me two long-term goals.** (These should be realistic. For instance, what relationship would you like to have with swimming at the end of middle school or high school? Are you close to achieving a new time standard in an event or making it to an A meet?)

- 1.
- 2.

**Identify three short-term performance goals.** (For instance, dropping a second in a 200 freestyle. These should be things that help you achieve your long-term goals)

- 1.
- 2.
- 3.

***STOP! Share these goals with the people around you. Tell your parents, siblings, teammates. Make these goals known! Review them before you go to bed at night, and write them down and post them somewhere where you will see them each and every***

***day.***

In order to achieve these goals, you need something concrete to complete every day as a means toward success. Think of the reminders I give you each night at practice. Review each of the strokes in your mind and ask yourself what part you could improve upon. I am a firm believer in the adage “practice makes perfect.” My goal for you is that, when it comes time to compete, you can step up on the block, shut your mind off, and let your body’s good habits take over.

**Identify four daily practice goals.** (These should be technique-based. Think of the examples I gave you at practice.)

- 1.
- 2.
- 3.
- 4.

Most importantly, remember that we are a team. Each of you has the power to help or hinder the people around you more than you realize. During a hard set, please strive to be a leader by encouraging the others in our group. Set a good example by staying focused during instructions and prepared when it is your turn to go. But most of all, remember that your actions affect those around you so PLEASE put forth your best effort in all that we do.