

Name: \_\_\_\_\_

**List 3 Practice/Short Term Goals:**

- 1.
- 2.
- 3.

**List 2 Butterfly Technique Goals:**

- 1.
- 2.

**List 2 Backstroke Technique Goals:**

- 1.
- 2.

**List 2 Breaststroke Technique Goals:**

- 1.
- 2.

**List 2 Freestyle Technique Goals:**

- 1.
- 2.

**List 3 Meet Goals:**

- 1.
- 2.
- 3.

**List 2 Long Term Goals:**

- 1.
- 2.

**List 2 Mental Preparation Goals:**

- 1.
- 2.

**Athletes Signature:** \_\_\_\_\_

**Coaches Signature:** \_\_\_\_\_

## Setting Smart Goals

When setting goals we want to think about the 5 magic words:

**Specific:** tells the athlete what to do

**Measurable:** able to measure and record progress

**Attainable:** athlete can experience success

**Realistic:** challenging but “do-able”

**Trackable:** short-term goals build into long-term goals

## Types of Goals:

Short Term: These goals include technique goals, for example: finishing freestyle stroke, not breathing off of turns, pulling with the bottom arm off the wall, pinky entering the water first in backstroke. These types of goals can be accomplished at practice. Eating healthy and drinking plenty of fluids.

Practice Goals: Goals set that need to be achieved at practice. Examples would be: regular attendance, always bringing a drink to practice, completing warm-down every practice, and being on time to practice.

Long Term: These goals would represent goals that can be accomplished in the latter part of your life. One example could be getting a college scholarship for swimming.

Meet Goals: Goals that are set for each meet. This could include making a district qualifying time or finishing in the top 2 at districts to qualify for states.

Mental Preparation Goals: These goals are to learn how to cope with nerves (belly breathing), thought control (clearing your mind by listening to music or stretching), and gaining confidence (understanding that practice is to prepare you for meets).