

St Thomas Goal Setting Sheet Name.....

Date Goals were set.....

Be SMART when setting **your** goals.

S.....be **S**pecific

M..... goals must be **m**easurable

A.....they must be **a**chievable, be prepared to adjust your goals

R.....be **r**ealistic when setting goals

T.....set a **t**ime frame for your goals Points to remember when goal setting.

1. Be honest
2. Put in the effort-no short cuts
3. Maintain a positive attitude
4. Project your goals-foresee what is going to happen
5. See the big picture-you are responsible for your performance

Remember your goals can be as easy as attending more regularly, you can include technique goals such as improving kick, stroke length, breaststroke kick and turns or performance goals a PB, trying a new event or swimming an event differently-speak to your coach if you are unsure.

PERSONAL GOALS

Short Term

Medium Term

Long Term

Signed You.....Your Coach..... Dear Parents/Carers