

I encourage you to pick up a pen and a piece of paper and jot down the goals you want to reach. Look at each goal and evaluate it. Make any changes necessary to ensure it meets the criteria for aSMART goals:

S = Specific

M = Measurable

A = Attainable

R = Realistic

T = Timely

### **Specific**

Goals should be straightforward and emphasize what you want to happen. Specifics help us to focus our efforts and clearly define what we are going to do.

Specific is the What, Why, and How of the SMART model.

WHAT are you going to do? Use action words such as direct, organize, coordinate, lead, develop, plan, build etc.

WHY is this important to do at this time? What do you want to ultimately accomplish?

HOW are you going to do it? (By...)

Ensure the goals you set is very specific, clear and easy.

### **Measurable**

If you can't measure it, you can't manage it. In the broadest sense, the whole goal statement is a measure for the project; if the goal is accomplished, this is a success. However, there are usually several short-term or small measurements that can be built into the goal.

Choose a goal with measurable progress, so you can see the change occur. How will you see when you reach your goal? Be specific! "I want to read 3 chapter books of 100 pages on my own before my birthday" shows the specific target to be measure. "I want to be a good reader" is not as measurable.

Establish concrete criteria for measuring progress toward the attainment of each goal you set. When you measure your progress, you stay on track, reach your target dates, and experience the exhilaration of achievement that spurs you on to continued effort required to reach your goals.

### **Attainable**

When you identify goals that are most important to you, you begin to figure out ways you can make them come true. You develop that attitudes, abilities and skills to reach them. You begin seeing previously overlooked opportunities to bring yourself closer to the achievement of your goals.

Goals you set which are too far out of your reach, you probably won't commit to doing. Although you may start with the best of intentions, the knowledge that it's too much for you means your subconscious will keep reminding you of this fact and will stop you from even giving it your best.

A goal needs to stretch you slightly so you feel you can do it and it will need a real commitment from you. The feeling of success which this brings helps you to remain motivated.

### **Realistic**

This is not a synonym for "easy." Realistic, in this case, means "do-able." It means that the learning curve is not a vertical slope; that the skills needed to do the work are available. A realistic goal may push your skills base and challenge you. Devise a plan or a way of getting there which makes the goal realistic. The goal needs to be realistic for you and where you are at the moment. A goal of never again eating sweets, cakes, crisps and chocolate may not be realistic for someone who really enjoys these foods. For instance, it may be more realistic to set a goal of eating a piece of fruit each day instead of one sweet item. You can then choose to work towards reducing the amount of sweet products gradually as and when this feels realistic for you.

Be sure to set goals that you can attain with some effort! Too difficult and you set the stage for failure, but too low sends the message that you aren't very capable. Set the bar high enough for a satisfying achievement!

### **Timely**

Set a timeframe for the goal: Putting an end point on your goal gives you a clear target to work towards.

If you don't set a time, the commitment is too vague. It tends not to happen because you feel you can start at any time. Without a time limit, there's no urgency to start taking action now.

Time must be measurable, attainable and realistic.

Everyone will benefit from goals and objectives if they are SMART. SMART, is the instrument to apply in setting your goals and objectives.

RETURN THIS SHEET TO YOUR COACH

Be SMART when setting your goals

S.....be specific

M.....you goals must be measurable

A.....they must be achievable be prepared to adjust your goals if necessary

R.....be realistic when setting you goals

T.....set a time frame

Points to remember,

1. be honest
2. put in the effort required-no short cuts
3. maintain a positive attitude
4. project your goals, for see 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. If you are swimming for fitness you also need goals, make sure your coach knows these.

#### PERSONAL GOALS

Short Term, by December.

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Medium Term by April

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Long term by the summer-(end of season)

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Signed You \_\_\_\_\_ Your Coach \_\_\_\_\_

Highlight the sessions you actually attend. (We hope to have the additional time in the am sessions shortly, \* only during AAS season)

National

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Pool am		0630-0800	*0630-0800	0630-0800	0630-0800		0900-1100
Pool pm	1730-1930	1730-1930	1730-1930	1745-1945			
Land		1700-1730	1700-1730	1700-1730			0800-0900
Other Activities							

Dist

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Pool am		0630-0800	*0630-0800	0630-0800	0630-0800		0900-1100
Pool pm	1730-1930	1830-1930		1745-1945			
Land		1730-1815		1700-1730			0800-0900
Other Activities							

Int

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Pool am		0630-0800	*0630-0800	0630-0800	0630-0800		0900-1100
Pool pm	1730-1900	1830-1930		1845-1945			
Land		1730-1815		1700-1730			0800-0900
Other Activities							

Younger swimmers in this squad may attend am sessions 0700-0800

### Junior

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Pool am		0700-0800			0700-0800	0815-0900	0900-1030
Pool pm			!830-1930	1745-1845			
Land				1700-1730			0800-0900
Other Activities							

### Development

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Pool am						0815-0900	0900-1000
Pool pm			!830-1930				
Land							0800-0900
Other Activities							

2<sup>nd</sup> Claim Club swimmers include sessions at home club.

### Home Club

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Pool am							
Pool pm			!				
Land							
Other Activities							

### Triathlon

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Pool am							
Pool pm							
Bike							
Run							
Other Activities							