

Name:

Date:



SEASONAL GOAL SETTING PACKET

Instructions

In this packet:

- Reflect on last season 2
- How much is enough? 2
- Make a list 3
- Will require change 4
- Are you a slacker? 5
- Can't, it's not a word 6
- Challenging and realistic 7

Special points of interest:

- No one said this was going to be easy
- Your parents job is to Love, Support and Transport
- Your job is to do the very best job you can (daily) both in and out of the pool
- If you don't give 100% every day, do not expect to achieve your goals
- What did you do today to help you achieve your goals tomorrow?

It's our goal to turn your practice group into one of the most successful training groups SEA has ever produced. In an effort to build that training group, it's important for you to spend time thinking and dreaming about where you want to go as a swimmer.

Please read carefully and answer every question listed within this packet.

Please put time and thought into your day-to-day training and overall season when answering the questions asked throughout this packet.

No one word answers please.



Where do you see yourself at the end of this season?

The last page has space for your times and goals.

Keep in mind, writing down your times and goals are outcome based focuses and it's important to maintain acute focus on the process of achieving and reaching for those desired goals through daily training, nutrition, and sleep.

Please complete this goal setting packet and schedule a meeting with your coach to discuss these answers and your goals for this season.

Many times in swimming it's not the end results, but the journey and the way we reach our goals that is important. Whether we achieve the goals or not, it's important (in life) to be willing to strive for something worthwhile. This goal sheet packet is just one step along the long road to reaching your goals.

Please answer each question with sincere honesty.

Previous Season

Think about your performance and results from the previous season in answering these questions.

1) Did you meet all of your goals for the previous season? Yes or no. Why or why not?

Previous Season, continued

2) What could you have done differently to make your previous season better?



Easy as 1, 2, 3? At times it will be, but nothing worth achieving comes to those who don't work hard for it.



“You have to set goals that are almost out of reach. If you set a goal that is attainable without much work or thought, you are stuck with something below your true talent and potential.”
Steve Garvey

3) With the knowledge gained last season, will you change anything to make this season more productive both in and out of the water?

4) Why are goals important? When setting your goals do you look at time standards or do you “make them up?”

5) Did you attend enough practice last season? Why or why not? How did that effect your season outcome? Good? Bad? Discuss.

Swimming Goals

Think about the goals you want to reach during this season when answering the following questions.

6) What time standards do you have in mind? (Personal Records, State, Sectionals, YMCA Nationals, Team Records, Juniors, Seniors, State Records, Olympic Trials, etc.?) Discuss.

7) How are you going to reach these goals? (Please list at least eight ways.)

1) _____
2) _____
3) _____
4) _____
5) _____
6) _____
7) _____
8) _____
9) _____
10) _____



“If you want to live a happy life, tie it to a goal, not to people or things.”
Albert Einstein

8) How many workouts will you attend to reach these goals (per week)? How many in the summer? Please discuss.

Swimming Goals, continued

9) What are your three best events? (Not favorite events.)

- 1) _____
- 2) _____
- 3) _____



Chances are you'll have to make some changes in your life if you want to reach your goals.



**"When defeat comes, accept it as a signal that your plans are not sound, rebuild those plans, and set sail once more toward your coveted goal."
Napoleon Hill**

10) What are your three favorite events to swim?

- 1) _____
- 2) _____
- 3) _____

11) What is your weakest area in swimming? Training? Dry-land? Attendance? Discuss.

12) What type of training do you feel you need in order to reach your goals? (Technique, dry-land, distance, IM work, sprinting, etc.) Discuss.

13) How many practices do you think you need to attend to achieve these goals and how are you going to make that commitment to achieve your goals?

Swimming Goals, continued

14) What type of role do you have within the training group (leader, follower, slacker, "class-clown," etc.)? How will you contribute to the team dynamics of the training group this season? Please explain.

15) How do your peers view you (leader, follower, slacker, "class-clown," etc.) and how can you change this view into a leader or contributor role? Please explain.



Away from the Pool

Family, church, school and a life outside of the swim pool are important. Begin thinking of skills and other aspects of life that you need to work on to become a well rounded student-athlete.

16) What type of grades do you receive? What grades would you like to earn? How will you balance swimming and school to reach these goals?

**"What is given to you is what is needed; what you want, requires giving up what you don't need."
George Alexiou**

17) How well do you use your time (time management)? Give an example. Is this an area were you can improve? Why or why not? Please explain.

Away from the Pool, continued

18) Do you receive a balanced diet? What areas can you improve and what areas are already part of a well balanced diet? Explain.

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____



52 Americans are selected to the US Olympic Team every four years. Everyone one of them started where you are today.



“If you say “can’t” you’re restricting what you can do or ever will do.”
Michael Phelps

19) Do you have any long-term goals in mind, say 3-4 years from now? Why or why not? If yes, what are your long-term goals. Please discuss.

20) How motivated are you to reach these goals? (Any and all goals listed so far.) How will you prove to your coach and your teammates that these goals are important to you? Please explain.

Certification

I, _____ have put a lot of thought and time into these questions and I answered them to the best of my knowledge and ability.

(Signature)

(Date)

Challenging, Realistic Goal Times

Fill in your best time and your goal time for this season. Personal best times can be found online under *Meet Information / Meet Results* at our website www.sea-y.org.

Freestyle	50	100	200	400/500	800/1000	1500/1650
Best Time						
Goal Time						
Qualifying Meet						

Backstroke	50	100	200
Best Time			
Goal Time			
Qualifying Meet			

Breaststroke	50	100	200
Best Time			
Goal Time			
Qualifying Meet			

Butterfly	50	100	200
Best Time			
Goal Time			
Qualifying Meet			

IM	100	200	400
Best Time			
Goal Time			
Qualifying Meet			

SOUTH EASTERN AQUATICS

725 Lake Avenue
Racine, Wisconsin 53403

Phone: 262.898.4766

Email:
south.eastern.aquatics@gmail.com



On the web at
www.sea-y.org.

SEA's Mission:

To empower the youth of Southeastern Wisconsin to be champions in life through excellence in swimming.

SEA's Vision:

As a swim team without a true home, it's our vision to one day build a pool to call home.

Facebook at SEA SWIM TEAM

Twitter at @SEAWISCONSIN

Why is it important to set goals?

Goal setting is important for swimmers because:

- 1) Purpose. Having a strong sense of purpose boosts self-belief and can improve your confidence. It is something meaningful and worthwhile to aim for.
- 2) Focus. Having a goal helps you to make better decisions. Will a certain activity get you close to a goal or detract from it?
- 3) Motivation. It gives you motivation in life. Because goals are meaningful

and personal to you, you'll want to achieve them. Having goals gives you motivation and energy to keep going.

Student-athletes who have goals—whether sporting or academic or even personal ones—will do better in life than kids with no plans at all.

Setting goals may be something new to you, but just like brushing your teeth and studying every day, you need to make focusing on your goals a habit.

Maintain your focus on the process of achieving your goals and try not to focus on the outcome (the goal itself).

For example, if you want to

qualify for the State meet, you will select the event you feel you have the best chance of qualifying to State in and use that qualifying time as your goal time. Maintaining a focus on the State time versus what needs to be accomplished to make the cut time are two totally different things.

The outcome is the goal, the process is the means to achieve the outcome. Simply stating, "I want to go to State" supplies no real process for how to get there.

You have to work with your coach daily to maintain a focus on the process in order to achieve the goal (outcome). You Can Do It!



Established in September of 1984.