



ISLAND AQUATICS GOAL SHEET

We all need to set goals in our life. Whether or not it is just to wake up at a certain time, eat a certain way, or for the ability to work hard at something to try to achieve mastery and greatness. It can even just be the completion of a simple task. In all aspects of life, goal setting is an important tool to measure one's rate of success as well as to have something clear and sensible to strive for and attempt to achieve.

There are both short-term goals (something we may accomplish quickly, in a day, week, month, or even a season) and long-term goals, (something we may look to accomplish over a year or many years time.).

Today, I would like you to think about what goals you have or want to have in swimming and to try and think of 2 short-term goals and 2 long-term goals. Goals can be as simple as *"I want to swim a legal 50 Breaststroke and get an A time at the next swim meet."* Or, goals can be complex such as *"I want to set up a plan to make Zones and Sectional times by the summer of 2013."* The great thing about goals is that no goal is usually TOO SMALL or TOO BIG. So dream your dreams, and think about what it is you would like to do in swimming each day, each week, this year, or the next year. Write them down on this paper so that you and your coach can talk about them and make sure that the goals you are thinking about can be achieved and how to successfully achieve your goals.

Remember, the 2 most important things about goals are; the effort and discipline in striving to reach one's goal, and the journey that you travel upon giving it your all!



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My Short-term Goals

1) _____

2) _____

My Long-term Goals

1) _____

2) _____

