

Lynbrook Aquatics

Goal Setting Plan

Setting goals is simple if you follow the three basic steps described below. I will help you determine your goals and plan the practices that will help you accomplish them. The two most important ideas to remember about setting and working towards your goals are:

1. Set goals that are a challenge for you. Setting goals that you can already achieve will not help you improve, but setting goals that you can achieve, if you condition well, will show you how much you improve.
2. Be flexible and willing to adjust your goals. If you set a goal you thought was challenging, but you reached it sooner than expected, with less conditioning than you planned, then set another goal. If you set a goal that you could not reach, perhaps it was more difficult than you thought, so set another goal that is not quite as difficult.

Step 1. Establish a Long-Range Goal

Think about what you want to accomplish by the end of the swimming season and write that below. You may decide on several goals such as swimming a specific time or how you place in a meet.

My long-range goals are:

1. _____
2. _____
3. _____

Step 2. Establish Intermediate Goals

Now, think about what you must achieve to reach your long-range goals. If you want to set a personal best time, you will need to gradually lower your time. If you want to place in the top five of a particular meet, you will need to be competitive in meets of similar competition.

My intermediate goals are:

1. To accomplish long-range goal 1, I need to:
(A) _____
(B) _____
(C) _____
2. To accomplish long-range goal 2, I need to:
(A) _____
(B) _____
(C) _____
3. To accomplish long-range goal 3, I need to:
(A) _____
(B) _____
(C) _____

Step 3. Establish Short-Term Goals

Your short-term goals are what you need to accomplish each day and each week of practice to progress and accomplish your intermediate goals, as you train towards your long-range goals. Your short-term goals will need to be set about every two weeks, based upon your progress and how you feel. I can help you determine what you need to do and this will determine your daily practices.

1. What I want to do this week (date:_____):

(A)_____

(B)_____

(C)_____

(D)_____

2. What I want to do this week (date:_____):

(A)_____

(B)_____

(C)_____

(D)_____