

## The Dolphins Swim Team / TDPS Goal-Setting Packet

**Due Date:** \_\_\_\_\_

*You can find extra goal-setting packets on the website, [SQUADS>ATHLETE GOAL PACKET](#)*

### Your Role as a Swim Parent

Remember, your child is the swimmer. Children need to establish their own goals and make their own progress towards them. Be careful not to impose your own standards and goals on your child.

Do not overburden your child with winning or achieving best times. The most important part of your child's swimming experience is that they learn about themselves while enjoying the sport. This healthy environment encourages learning and fun which develops a positive image within your child.

The best way to help your child achieve goals is through positive reinforcement. No one likes to make a mistake. If your child makes one, remember that he/she is still learning. Encourage their efforts and point out the things they do well. As long as they gave a best effort, make them feel like winners.

### For the Best Times of Your Life

#### What separates an achiever from a non-Achiever?

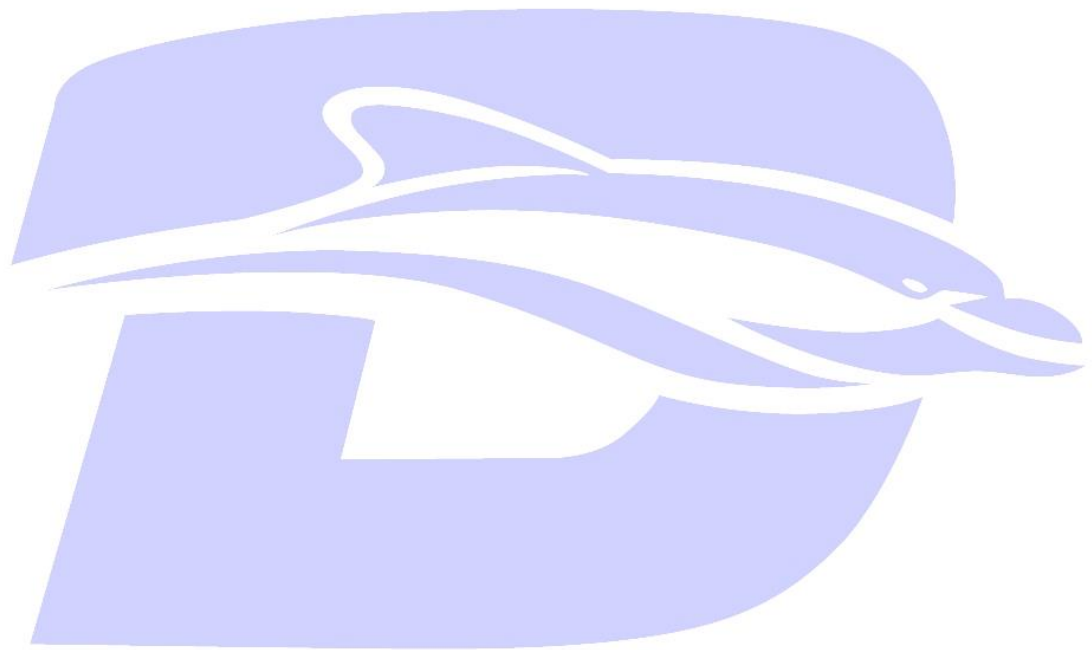
Motivation, committed motivation, is the answer. Goals can be the most motivational step a swimmer takes towards a successful season. The greatest power that a person possesses is the power to choose. Recognizing this power can increase your chances for success 100 times. You begin to depend on yourself when you recognize your power to choose. You can choose to lead the lane in training, you can choose to praise your teammates for good efforts in practice or meets, you can choose your goals, you can choose to believe.

#### Goals Give Me Direction!

Goals commit you to the work, time, pain, and whatever else is part of the price of achieving success. Goals provide the energy and drive to accomplish something. **Goals must be high enough to excite you, yet not so high that you cannot vividly imagine them;** this is the key to goal-setting. If you cannot get comfortable with your goal, if you cannot see yourself attaining the goal, no doubt about it, you don't have a real, living goal. **Goals must be attainable, but just out of reach for now.**

#### Goal Setting is a Necessary Step Towards Success!

We all have dreams; these are what goals are made of. Goal setting gets your dreams organized. Swimmers, who know where they are going, usually get there. Make your goals specific. Shoot for one target at a time. You must be persistent in the pursuit of your goals. **Consistently persistent is the main asset of a successful swimmer.**



# THE DOLPHINS

## SWIM TEAM

Name: \_\_\_\_\_ Due Date: \_\_\_\_\_

## Commitment / Training Squads

Please use the space below to explain your schedule. **List activities that you are in, or will be in, that will cause you to miss practice.** We would rather have you come late or leave early than miss an entire practice.

Example: Wednesday – I have piano lessons and will be a ½ hour late to practice.

Monday: \_\_\_\_\_


Tuesday: \_\_\_\_\_

Wednesday: \_\_\_\_\_

Thursday: \_\_\_\_\_

Friday: \_\_\_\_\_

Saturday: \_\_\_\_\_



## Goal Setting

It is very important for swimmers to attend meets regularly and to have goals in mind for those meets. Swimming is a sport that we can measure improvement against the clock. This allows individuals to track their own personal progress in the events they swim. Improvement can also be made in other areas, such as technique, attitude, attendance, and work ethic. It is important that we look for ways to improve those areas as well.

### Goals should be SMART!

This means: specific, measurable, attainable, realistic, and track-able.

**Personal Awareness Survey:** Please rank your personal level on a scale of 1-10 for each item listed below (1=low, 10=high); place an "x" in the appropriate box.

<b>Training</b>	1	2	3	4	5	6	7	8	9	10
Intensity										
Technique-free										
Technique-back										
Technique-breast										
Technique-fly										
Turns										
Posture-line										
Underwater / Pull-out										
DPS-free										
DPS-breast										
DPS-back										
DPS-fly										
Holding race pace										
<b>Band / Bucket</b> (Green/White squads only)	1	2	3	4	5	6	7	8	9	10
Participation										
Consistency										
Weight Increase										
Stroke Count / Tempo										
<b>Racing Skills</b>	1	2	3	4	5	6	7	8	9	10
Continuous kick										
Pacing / Strategy										
Turns										
Streamlining										
Starts										
Pain tolerance / Effort										
Stroke rate										
Competitive drive										
Mental prep										
Eliminating drag										
<b>Attitude</b>	1	2	3	4	5	6	7	8	9	10
Attendance										
Punctuality										
Listening skills										
Willingness to learn										
Team support										
Nutritional habits										
Time management										
Self-confidence										
Motivation										
School										

## Goal Questionnaire

1. What can your coach do to help you achieve your goals?

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2. What will you do to achieve your goals?

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3. Who or what motivates you the most to achieve your goals?

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4. What is your favorite kind of training in practice?

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5. What is your least favorite kind of training in practice?

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6. What is the highest level meet you hope to qualify for this year and how are you going to get there?

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7. What level do you see yourself competing at in 4 years?

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8. What are the important things to look at when you watch the fastest swimmers race at meets?

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9. What do you do for your pre-race strategy?

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10. How often do you watch swimming videos (on YouTube, DVD's, Swimming World, TV)?

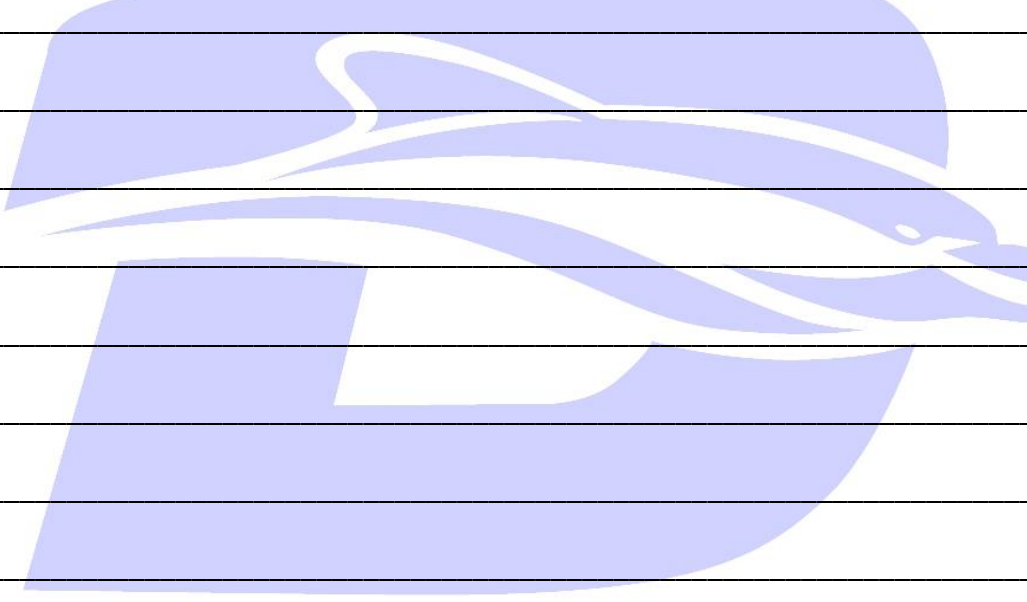
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## Improvement Goals

Improvement goals are areas of your performance that are not related to your times. These goals will help you improve as athletes. These can be skill improvement goals or attitude improvement goals.

**List 7 improvement goals for this season.** Please be specific as possible. For example, "I will streamline past the flags off every wall in every practice," not, "I will improve my streamlines." Or, "I will learn the names of all my teammates," not, "I will be a better teammate." Or, "I will keep an open mind and make stroke changes immediately so my coach only has to ask once," not, "I will improve my stroke technique."



1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

\_\_\_\_\_

**Competition Goals**

circle one: Short Course / Long Course

Set specific time goals for your six favorite events. Please fill in all available spaces.

Goal #	Event	Best Time	Early Season Meets (Oct-Dec or April-June)	Late Season Meets (Jan-Feb or July)	Taper Meets (March or August)
Example	100 Free	48.63	48.50	48.25	47.40
	Splits	23.4/25.2	23.4/25.1	23.2/25.1	22.9/24.5
1					
	Splits				
2					
	Splits				
3					
	Splits				
4					
	Splits				
5					
	Splits				
6					
	Splits				