

S.W.A.T Swimming

Goal Workbook



Winter 2021

Words to think about

“Great Moments are born from Great Opportunity”

Herb Brooks (1980 USA Hockey Head Coach)

“Never say never, limits, like fears, are often an illusion”

Michael Jordan

“If you want to be the best, you have to do things that other people aren't willing to do”

Michael Phelps

“Our sport is the greatest in the world. It is an accountability sport. You cannot fool it. You cannot trick it. You have got to work it”

Eddie Reese (Swim Coach)

“Never set a limit on your dreams. You may not know when or where they will come true, but you must always believe that they will”

Missy Franklin

“A man is but the product of his thoughts; what he thinks, he becomes.”

Mahatma Gandhi

“If you fail to plan, you are planning to fail”

Ben Franklin

First think, second dream, third believe, and finally dare

Walt Disney

Swimmer General Information

Date:

Name:

Age:

Birthday:

School:

Grade:

Did you or are you planning to swim for your school next year?

Review last season

Your biggest highlight of last season?

What are your favorite events?

What are your least favorite events?

Did you meet your last season goals?

How happy were you with your performance?

Any comments about last season?

Writing S.M.A.R.T. Goals

A **S.M.A.R.T.** goal is defined as one that is specific, measurable, achievable, results-focused, and timebound. Below is a definition of each of the S.M.A.R.T. goal criteria.

Specific: Goals should be simplistically written and clearly define what you are going to do.

Specific is the What, Why, and How of the S.M.A.R.T. model.

Measurable: Goals should be measurable so that you have tangible evidence that you have accomplished the goal. Usually, the entire goal statement is a measure for the project, but there are usually several short-term or smaller measurements built into the goal.

Achievable: Goals should be achievable; they should stretch you slightly so you feel challenged, but defined well enough so that you can achieve them. You must possess the appropriate knowledge, skills, and abilities needed to achieve the goal.

Realistic: Goals should measure outcomes, not activities.

Time-bound: Goals should be linked to a timeframe that creates a practical sense of urgency, or results in tension between the current reality and the vision of the goal. Without such tension, the goal is unlikely to produce a relevant outcome.



S.M.A.R.T Goal Worksheet

(Use as guide for each goal)

Step 1: Write down your goal in as few words as possible.

Step 2: Make your goal detailed and **S**pecific. Answer who/what/where/how/when.

HOW will you reach this goal? List at least 3 action steps you'll take (be specific):

1.

2.

3.

Step 3: Make your goal is **M**easurable. Add details, measurements and tracking details.

I will measure/track my goal by using the following numbers or methods:

I will know I've reached my goal when

Step 4: Make your goal **A**chievable. What additional resources do you need for success?

Items I need to achieve this goal:

How I'll find the time:

Things I need to learn more about:

People I can talk to for support:

Step 5: Make your goal **R**ealistic. What is the result of the goal:

Step 6: Make your goal **T**ime-bound. Put a deadline on your goal and set some benchmarks.

I will reach my goal by (date): / / .

My halfway measurement will be on (date) / / . Additional dates and milestones I'll aim for:

Season End Goals

1.) What are my goals for this season?

2.) What excites me about these goals?

3.) How will I stay accountable to my goals?

4.) What are three things I can do to moving towards accomplishing these goal

a.

b.

c.

5.) What do you feel you need to improve on your technique this season?

Long Term Goals

Where do you want to be in 5 years?

What is your long term goals for swimming?

What obstacles are in your way to get your goals?

What is your plan to overcome them?

Best Times and Goals

(Needed for Supersport)

	SCY Lifetime Best Time	SCY Lifetime Best Date	SCY in Season (Non Tapered)	Goals This season	Reason
50 Free					
100 Free					
200 Free					
500 Free					
1000 Free					
1650 Free					
100 Back					
200 Back					
100 Breast					
200 Breast					
100 Fly					
200 Fly					
200 IM					
400 IM					

Use DeckPass App or www.usaswimming.org to complete the chart

“Don’t think it, ink it”

Winter Goals

1.)

2.)

3.)

