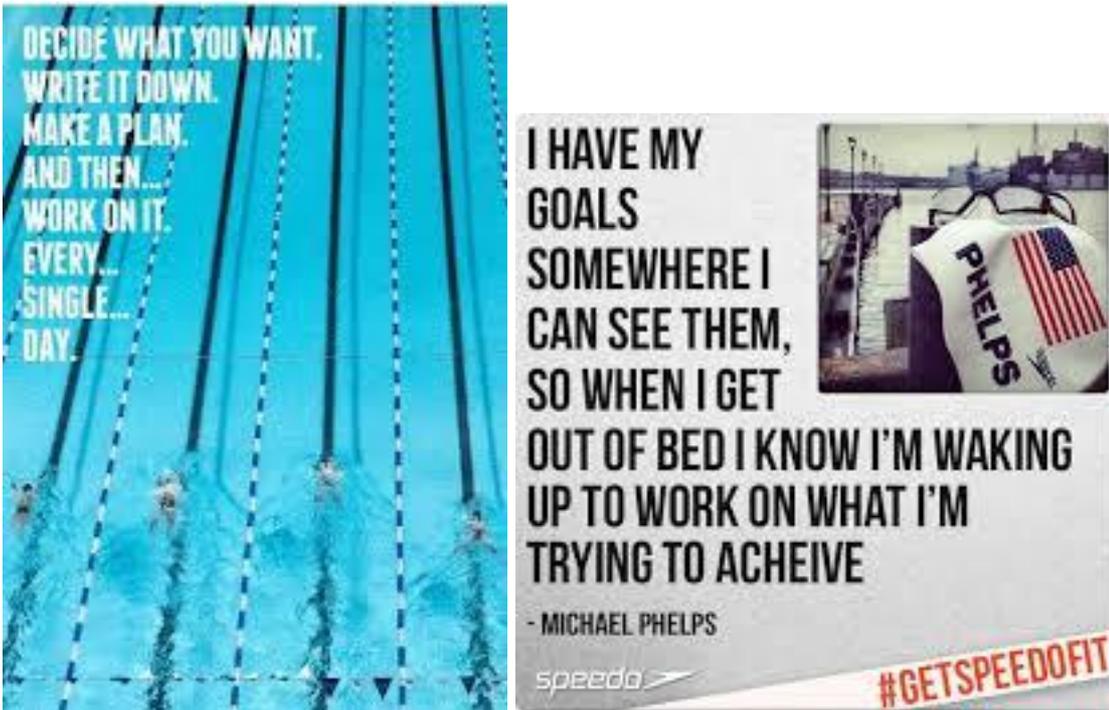


SET YOUR GOALS for this session, this month, six months, 1 year, 4 years



We are all goal setting machines, the history of human evolution and advancement to the top of the food chain was laid by goalsetting, we set goals without even realising it such as setting your alarm at 6.30 am (**performance goal**). I must clean my teeth, then I will make a cup of tea. Then I will make a nice nutritious breakfast, then I will pack a healthy packed lunch, (**all process goals**), then I will get my jacket on, then I need to be out the door by 7 am, then I need to be at the bus stop by 7.10 am, then I must get the school bus at 7.15 am, (**all performance goals**). I need to be at school by 8 am, so I can score an A star in my exams (**outcome goal**) etc, etc. You can see where I am going here, these are all a mixture of process, performance and outcome goals.

Self-discipline is a necessary if we want to be successful in life and in sport, we can also look at goal setting in life and sport as a series of habits. Some are good, some are bad. By simply recognising a bad habit we can begin to change it in to a good one, as the saying goes, if we keep repeating the same process, we will continue to get the same outcome. The key here though is you must recognise the need to change and embrace it, for example if you fail to set your alarm and get out of bed too late each day, the consequences are you will miss the school bus every day, and you will be late to school every day, you will then miss valuable time in the classroom, which could be the small difference between an A star and a B grade, which could mean not getting to the Uni you want. A chain of events all traced back to the failure to acquire the self-discipline to set your alarm.

What do you think is the difference between two athletes or pupils trained /educated the same way, why does one get a better result than the other one? Answer, the goal setter had a step plan, a road map to success, without consulting the map on your phone you are likely to get lost .

And of course we must believe in ourselves, but we can only believe if we have done the hard yards, there lies the self-confidence to believe in belief, the knowledge that no stone has been left unturned. Standing behind the block or outside the exam room you know you have prepared and planned well, nutritionally, mentally, physiologically. In the quest for success no one has ever succeeded or achieved their goals by saying " I can't".

Start today, make today better than yesterday, and tomorrow better than today.

SMART GOALS

1. **Specific** – Make sure each goal is both clear and well defined i.e. 'I want to break a minute for my 100m Free by January 2018', rather than just 'I want to get faster'.
2. **Measurable** – Be sure to include times and dates, so that you can measure whether goals have been met and what progress has been made.
3. **Attainable** – Each goal that gets set should be challenging, but realistic.
4. **Relevant** – Every short term goal should fit in with the end goal or dream, and should act as an escalator to success.
5. **Time focused** – Put a **deadline** on your goal. Make it clear exactly when the goal is aiming to be accomplished.

Set process goal /goals for this session you can set goals for anything it could be any of these

1. This session
2. Set a goal of your choice
3. Finish every set without skipping lengths
4. Complete every repeat with 8 kicks underwater
5. Don't take a breath off the first two strokes for the whole session
6. Don't complain about the upcoming set, when do you hear successful people complain?
7. Have a positive mind-set ie I will finish this set to the best of my ability
8. Develop a never say die attitude, out train, out race, out think, your opposition
9. Finish the session, feel like a god
10. Develop a nutrition plan pre and post session

This month's performance goals

1. Where do you want to be this time next month performance- wise?
2. Where do you want to be this month recovering from any injury?
3. What meets do you want to attend?
4. What times do you want to achieve this time next month?
5. Develop a spread sheet to record your personal bests?
6. Develop a spread sheet with your performance goal times on it?
7. Develop a nutrition plan for the month
8. Choose to work harder on your kick sets to make your legs as strong as a gorilla
9. Increase your attendance at training
10. Mark you self out of 10 every session(MAKE THIS A GOOD HABIT) a consistent 8 /10 is better than the odd 10/10 and a few 3/10s

Next year Sept to August set performance goals with a deadline /outcome goals

1. Set a goal what you want to achieve in a year's time
2. What meets do you want to target?
3. What times do you want to achieve at these meets?
4. Set time- specific goals ie I want to be doing this time by this month or this meet
5. Set your goals higher than last year

6. If this year you did not make counties set a goal to reach counties 2018
7. If this year you made counties but did not podium, set a goal to make it happen
8. If this year you did not make Regionals set a goal to reach Regionals 2018
9. If this year you made Regionals but did not podium, set a goal to make it happen
10. If this year you did not make Nationals set a goal to reach nationals 2018
11. Look at Rankings all the time and dream about where you want to be
12. Look at Rankings all the time and do something about where you want to be

4 YEARS Set big Outcome goals which are less specific

1. Qualify for Regionals
2. Qualify for Winter Regionals
3. Qualify for Nationals
4. Qualify for British Championships in April of each year
5. Improve your ranking positions
6. Qualify for Junior Europeans
7. Qualify for Olympic trials
8. Qualify for Olympics

Every second counts, everything you do or don't do matters, there is never enough time, when you find that desire deep inside you to be a better you, time is the most valuable commodity. Don't waste a second as every session you attend is an opportunity to move closer to your goals. You only have one shot at this life, don't blow it. Regrets are usually for the things you didn't do, not the things you did do. Take risks, calculated ones, and visualise yourself being exceptional. There is nothing worse than mediocrity - be a better you every day, be better than yesterday's you.

JULY 2017

