

Seals Goal Setting Form

(for a Swimming Year: 1 September to 31 August)

Name: _____.

Date of Birth: _____ Age: _____. Squad: _____

No1 event: _____ No2 event: _____ No3 event: _____

Best Swimming Experience so far: _____

Goals

How are you going to achieve these?

1st Semester (Sept – Dec)	1. 2. 3.	
2nd Semester (Dec – March)	1. 2. 3.	
3rd Semester (April – August)	1. 2. 3.	

Whats your ulitmate swimming ambition?

Date goals discussed: _____

Signed Swimmer: _____

Signed Coach: _____

Seals Guide to Goal Setting

- Think about what you would like to achieve in swimming. Goals should be achievable yet challenging and personal to you. Even if you don't think you can do something but wish to – write it down.
- Your ultimate swimming goal can be anything:
 - ***Everything starts as a dream, a thought, a mental image'***
 - Goal setting allows you to put a plan together to realise this dream.
- Use these guidelines to set your own goals for swimming:
 - **Training Goals:** your short-term goals should be based on setting goals for each session that will help you achieve your medium and long term goals. Attendance or skill development comes under this section.
 - **Open Meets:** You should aim to enter galas in order to keep your PB's up to date and aim to achieve qualifying times for Counties and Regionals
 - **Lifestyle Goals:** what can you do outside of the pool to help your swimming?

SMARTER MODEL

Specific: to the event or skills. Instead of saying "I want to improve my 100m Freestyle" you could say what you want to improve about it. For Example "I want to improve my turns and underwater phase for my 100m freestyle. This will give you a specific focus to work on in training.

Measurable: ensure that progress can be compared to previous times.

Achievable: Agreed, realistic goals for the time period chosen between coach and the performer.

Realistic: setting a goal that is suitable for your ability. Challenging but within reach.

Time-bound: The goals need to be set with a completion time frame in mind.

Exciting: exciting goals will inspire and reward the performer.

Recordable: Provides feedback and motivation. Also helps monitor progress.