

Klahaya Swim Team Goal Sheet

Goals help motivate us from where we are to where we want to be. They inspire us to reach for our best in all that we do. Goals remind us of our purpose and help us to stay on track when we might be tempted to lose focus or get lazy. What are your goals?

One of Coach Tom's favorite quotes is: "***What I am to be, I am now becoming.***"

For goals to be effective they need to have the following qualities:

- 1.) **Concrete, specific and measureable.** Saying I want to "get better" is vague and not helpful. Saying I want to break 40 in the 50 Free is specific.
- 2.) **Challenging.** Goals need to stretch our abilities and help us reach down into ourselves. Goals that are too easy to reach do not motivate us. Saying I want to improve .2 in my 25 Fly is not challenging enough.
- 3.) **Realistic.** Goals cannot simply be a lofty fantasy. They need to be based in a realistic sense of one's abilities and commitment. Saying I want to break 5 KLA team records this year or win All Cities in four events may not be realistic for most kids. Pick goals for which you take ownership and that you are willing to work for on a regular basis.

Coach Tom has a printed listing of your best times in alpha order for your own records posted on the KLA bulletin board. Create some goals for yourself. Do you want to get a new best time? Qualify for Prelims in your favorite event? Qualify for every event? Break a specific team record? What's your goal?

Prelim qualifying times can be found here: <http://www.vrsc.org/swimteam/qualifying.html>

TASK: Create your own goal sheet below. Select as many events as you wish. Keep one copy for yourself and make a second copy to give to Coach Tom so he is aware of your goals.

NAME: _____ **Age Group:** _____

<u>Event Name:</u>	<u>Your Current Time:</u>	<u>Your Goal Time:</u>

** Name any two specific actions that you need to work on to successfully reach your goals.

- 1.)
- 2.)