

AIM & GOAL SETTING

My **AIM** is to educate the members of Dawlish Swimmer club on how to write Aims and effective goals.

My **GOAL** is: "to write a short paper about Goal setting, which I will complete in the next 60 minutes: that once a person has read it, they will be able to write a 'SMART' Goal."

Definitions:

Aim - this is a statement of intent e.g. "to compete at the county championships", "to race in the Olympic pool in Stretford, London", Aims are like wishes, we hope they will come true.

Goal - an objective statement, written in positive terms stating exactly what will be achieved and when it will happen.

Types of Goals

Outcome Goals - specify what is to be achieved, e.g. 200 Fly in 2m 25.39 by 21 Dec 15 T1500 in less than 20 minutes by 14 Apr 16, 100 press ups in less than 5 minutes before the end of December 2015. These goals state, "where you want to get to."

Process Goals - these define the steps involved to attain your outcome goal: e.g. To attend 6 training sessions per week; to start every F/C push off with 6 fly kicks and hold my breath for the first 2 strokes on every length; to perform a race finish at the end of every Rep; to carry out 20 minutes of developmental stretching, at home every week.

Example:

Outcome Goal - "to perform 100 wide arm press ups, with correct technique, in less than 3 minutes 30 seconds, by 20 Dec 15"

Process Goals required to achieve the outcome goal. The 5 process goals listed below should see the swimmer progressively build strength and muscular endurance, so that in December the Goal is achievable.

1. "to perform 5 sets of 20 wide arm press ups, with correct technique, throughout the day, on Mondays, Wednesday's and Fridays for the whole of September"
2. "to perform 4 sets of 30 wide arm press ups, with correct technique with 45 seconds rest between sets; 2 sets in the morning, 2 sets in the evening on Mondays, Wednesday's and Fridays for the whole of October"
3. "to perform 3 sets of 40 wide arm press ups, with correct technique with 30 seconds rest between sets, on Mondays, Wednesday's and Fridays for the whole of November"
4. "to perform 2 sets of 60 wide arm press ups, with correct technique with 30 seconds rest between sets, on Mondays, Wednesday's and Fridays from the 1st of December"
5. "to perform 1 set of wide arm press ups, with correct technique, every Sunday starting at the beginning of October with 10 Press ups and increasing the number of reps each Sunday by 10 until I achieve my outcome goal in December i.e. Week 1 - 10 press ups, week 2 - 20 press ups.....week 10 - 100 press ups.

Goal setting

Swimmers should be continually setting themselves goals, as this will keep them focussed on what they want to achieve. Their goal target times will vary from immediate, "to complete this T1500 F/C time trial in less than 20 minutes", through short term, "to attend 6 training sessions this week"; medium term, "to qualify for the county championships in the 100m F/C by swimming faster than the qualifying time of 65.2 seconds before 21 December 2015"; long term, "to break the world record in the women's

200 Fly at the 2024 Olympic Games", "to win the final of the women's 200m butterfly at the 2024 Olympic Games."

The 5 elements of a well written goal:

Example of a qualifying time Goal:

"to qualify for the Devon County championships in the 200 Fly by swimming 200 Fly in less than 2m 25.40s by 21 December 2015."

S - Specific - state exactly what has to be achieved, e.g. "to swim 200 Fly in less than 2m 25.40s"

M - Measurable - "2m 25.40s" the desired time is measurable with a stopwatch.

A - Achievable - "Yes" plenty of swimmers have already swum faster than this time so it is achievable.

R - Realistic - "yes" my current PB for 200 Fly is 2m 27.10; I believe I can improve by 1.71 seconds.

T - Target Date/Time - "21 December 2015" the latest point in the future when the goal must be achieved by. For qualifying times, this would be the closing date for entries to the target competition.

Goal related Quotes

The journey of a thousand miles begins with one step - Lao Tzu

When it is obvious that the goals cannot be reached, don't adjust the goals, adjust the steps you need to achieve them.

May the dreams of your past be the reality of your future

Life Begins at the end of your comfort Zone