

Name:

GOALS AND GOAL SETTINGS

Goals come in a lot of different forms and are generally different for each person. When we first ask a swimmer, "What is your goal for the season?" they will generally say, "Make a State time." This is great and a worthy goal but there are a lot more goals than this when and if you think about things. In fact, some swimmers that say this do not really intend or care if they make a state time or not, so really think about what YOU, (not your parents, coach or anyone else wants), but YOU want to achieve. They may include successfully completing a distance, for example a 1500m Freestyle or a 200m Butterfly, they may include getting 100% training attendance or they may include being your schools swim champion. There are as many options as there are individuals so find some that suit you and it will help give you something to work towards.

Before you set your goals review where you are and think about a number of important parts of your swimming

Current Times

It is no use wanting to improve your times if you have no idea what they are. You may wish to create a spread sheet at home on a computer and fill it in after every race. What ever you decide it is good to keep track of your times.

Below is a chart for you to write in your current P.B. (personal best) time for each stroke and distance. It does not matter if you have not swam every distance, you can fill it out after you do it for the first time. (That may even be one of your goals?) The times do not have to be "official." If you want to get a time for a particular distance or stroke, maybe speak to your coach and ask them if you can come a little early or stay back a little after training and ask if they will time you so you can then use that time.

At the end of the season (or your coach may decide to review your goals at 6 months or every quarter even), you can see if you have improved and by how much, and hopefully set some new target times.

My Current P.B. Times

Distance	Freestyle	Backstroke	Breaststroke	Butterfly	IM
50					
100					
200					
400					
800					
1500					

Now we will do this exercise again but write down what you "hope" or "think" you will be able to achieve by the end of the season. Remember, these do not have to be competition times or even club aggregate times; they can be times you have achieved in training because they are goals you have set yourself.

Distance	Freestyle	Backstroke	Breaststroke	Butterfly	IM
50					
100					
200					
400					
800					
1500					

Swimming Australia also has the Junior Excellence Awards (for ages 9 to 16 year olds) with times to allow each swimmer to accurately gauge where they are in relation to everyone else in the country. The levels are seeded and the qualifying times are harder the higher the level. There are rewards for reaching each level at the end of each summer season. It may help to refer to these times when considering your target times.

All the details relating to the JX awards can be found here. <https://www.swimming.org.au/sites/default/files/assets/documents/JX%202019-20%20Qualifying%20Criteria%20and%20Standards.pdf>

100% Training Attendance

This one is a little bit tricky. You need to look at recommended training for your age and gender and then work out how often you intend to train to help you achieve your goals.

MULTI-YEAR AGE-GROUP SWIMMER DEVELOPMENT MODEL									
Age	8 ± 1 year		10 ± 2 years		Girls 12 / Boys 13 ± 1 year		14 ± 2 years		
Training Period	2 years		2 years		2 - 3 years		3 - 5 years		
Training Time Per Week	Pool	Land	Pool	Land	Pool	Land	Pool	Land	Land
	2-4 Sessions	1-2 Sessions	3-5 Sessions	2 Sessions	4-6 Sessions	2-3 Sessions	6-10 Sessions	2-3 Sessions	
	40 min - 1 hr	15-25 min	1 - 1 1/4 hr	20-30 min	1 1/4 - 1 1/2 hr	30-45 min	1 1/2 - 2 hr	45 min - 1 hr	
Volume / Session	0.75 - 2 Km.		2 - 3.5 Km.		3.5 - 6 Km.*		4 - 8 Km.*		

On the table below just fill out the days / dates you train then cross them off after each session you

Day	Mon	Tue	Wed	Thus	Fri	Sat
AM						
PM						

Some other ideas to keep in mind for goals

You may aim to be offered a leadership position within the club. To achieve this you would need to attend every club event and enthusiastically help where you can. Encourage other swimmers and squad members continuously at training and club events and club champs. Promote the club to the general public by being a good role model for the club and assist at training whenever possible. It is important to note that the club does have some age requirements for leadership roles.

? You may set yourself the goal of moving up a squad level by the end of the season. This is a reasonable goal as long as you are honest with yourself about how much training and improvement is needed and if you are willing to commit to achieving it. Coaches will not just promote you because you want it, you need to deserve it.

? A simple small goal might be to be able to swim 25m or even 50m underwater without breathing. I know a lot of you may be saying “No way 50m”, but most of the senior swimmers would be able to accomplish this.

? You may want to check with your coach about what the ultimate stroke counts would be for 50m for a certain stroke and try to achieve them. The trick here is that you must be able to accomplish the stroke rate at a fast pace so your not just lying in the water getting every inch from each stroke. Maybe put a time limit on the 50m.

? Perfect your streamlining and do it every turn during training. Be able to reach a certain point with your dives. Work on your weakest stroke so you can keep up with everyone else in your squad when you train using that stroke. Aim to lead your squad training as much as you can. Learn how to use the clock comfortably and confidently. Enter a competition. Attend club events.

As you can see there are plenty of ways you can encourage yourself to work harder and keep track of the goals you set for yourself. As we pointed out at the start, it is very important that the goals you set are YOUR GOALS and you really want to achieve them. It is no use putting something down that you don't want to really achieve – because you won't. You have to want to achieve it to actually achieve it.

So now that you have some more ideas and some guides with times it is time to again write down your short term and long term goals. Have they changed or have any been added? You can review, change and re- set goals all the time so keep your goal sheets handy and go for it!

Now set your goals!

For now, list below your short term goals and your long term goals. If you do this for other sports or study / school make sure you take these into consideration. For example, if you have written that you want to study 3 hours every night and be in bed by 8pm, it does not make sense to write that you want to train for 2 hours every night during the week. Be realistic.

Short Term Goals (This Season's Goals):

Long Term Goals (Ultimate or Dream Goals):