

Florida Atlantic Aquatics SMART Goal-Setting Worksheet & Post Pull In Assessment Form

Step 1a: Write down your ultimate swimming goal in as few words as possible. My dream goal (when I finally hang up my goggles) is :

Step 2: What is your SEASONAL goal? Make your goal detailed and SPECIFIC as possible. HOW will you reach this goal? List at least 3 action steps you'll take (be specific):

1. _____
2. _____
3. _____

Step 3: Make sure your goal is MEASURABLE. Add details, measurements and tracking details (event, distance, time, etc). I will measure/track my goal by using the following numbers or methods:

1. _____
2. _____
3. _____

Step 4: Make sure your goal is ATTAINABLE. What additional resources do you need for success? Items I need to achieve this goal:

How I'll find the time: _____

Things I need to learn more about: _____

People I can talk to for support: _____

Step 5: Make your goal RELEVANT. List why you want to reach this goal:

1. _____
2. _____
3. _____

Step 6: Make sure your goal is TIMELY. Put a deadline on your goal.

I will reach my goal by (date): ___/___/___ (season ending meet)

Step 7: OWN IT. Put your signature below and be sure to make your goals PUBLIC.

Name _____ Date _____

Florida Atlantic Aquatics - Season Starter Kit

Date _____

First Name _____ **Last Name** _____

Sex _____ **D.O.B** _____ **Age** _____ **Training Group** _____

Primary Goal Event Stroke (circle one)

Free Breast Back Fly IM

Primary Event Distance (circle one)

50 100 200 400 500 1000 1650

Current Best Time In That Stroke & Distance _____

Desired Goal Time In That Stroke & Distance _____

Secondary Goal Event Stroke (circle one)

Free Breast Back Fly IM

Secondary Goal Event Distance (circle one)

50 100 200 400 500 1000 1650

Current Best Time In That Stroke & Distance _____

Desired Goal Time In That Stroke & Distance _____

Targeted Meet To Achieve Goal _____ **Date** _____

Comments To Coaches _____

Florida Atlantic Aquatics - "I Will" Skill Assessment

Date _____

First Name _____ Last Name _____

Sex _____ D.O.B _____ Age _____ Training Group _____

"Where there is a will, there's a way". We have talked about the power of small thinking. That is where you focus on mastering one skill. Write Down the top ten things you can work on this season to give you the best chance to reach your goal in any order. When you are done, rank them from easiest to hardest using 1 as easiest and 10 as hardest.

Skill To Master	Rank
1 _____	_____
2 _____	_____
3 _____	_____
4 _____	_____
5 _____	_____
6 _____	_____
7 _____	_____
8 _____	_____
9 _____	_____
10 _____	_____

Florida Atlantic Aquatics - "I Will" Mindset Assessment

Date _____

First Name _____ Last Name _____

Sex _____ D.O.B _____ Age _____ Training Group _____

"Where there is a will, there's a way". We have talked about the power of small thinking. That is where you focus on mastering one small aspect of the sport. Write Down the top ten mindsets you can work on this season to give you the best chance to reach your goal in any order. When you are done, rank them from easiest to hardest using 1 as easiest and 10 as hardest.

Mindset To Master

Rank

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____

8 _____

9 _____

10 _____

Florida Atlantic Aquatics - Best Times Report (For 3S)

Date _____

First Name _____ **Last Name** _____

Sex _____ **D.O.B** _____ **Age** _____ **Training Group** _____

Lifetime Best Times:

100 Free _____ 100 Breast _____

100 Back _____ 100 Fly _____

Last Season's Best Times:

100 Free _____ 100 Breast _____

100 Back _____ 100 Fly _____