



# RUTHERGLEN Goal Setting

Dear Swimmer and Parent,

Attached are a few exercises to help swimmers set goals for the upcoming year, please take the time to sit down and go through them, they will help you set clear targets and process goals. Once complete please return to your Head coach or FIRST Junior coach at your session.

## SWIMMER

The ultimate ownership of the goals and answers given within are yours, but it is expected that there will be discussions and help from your parents and coaches. Please take the time to use their knowledge and experience.

Make sure that your goals are **achievable** (but don't make them to **EASY!!**)

## PARENT

Parents, please help where possible by try to ask open questions, this will help the swimmer think through the process and give them a better understanding. It will also make them more responsible towards their goals, some example questions you may ask are :

- *What do you think you need to work on?*
- *What would you like to achieve? What will help you get there?*
- *What would help make you a better swimmer?*

## TASKS

There are 3 tasks to complete:

1. Task 1 – Goal setting for specific competition (exercise 1) – This will help you focus on an upcoming meet (within the next 3 months)
2. Task 2 – Setting future goals (exercise 2) – this will help you set goals that will make think into the future
3. Task 3 – Swimming Knowledge (exercise 3) – this will let you understand your times and what times you could achieve over the coming year

## DETAILS

**NAME:**

**SQUAD:**

**DOB:**

**(Parent)EMAIL:**

- These details will be shared with Coaches within Rutherglen ASC
- The information will be scanned and stored on computer – copies will be emailed to you, we will not share the information with other swimmers.



## Setting Personal Swimming Goals

Although Rutherglen Swimming Club is a Competitive Swimming Club, not every swimmer in the Club considers themselves to be "competitive". Whether you think you are competitive or not, this is not an excuse for not setting goals in your swimming. If you do anything without some sort of purpose it will become dull, boring, and repetitive before too long. Goals are necessary to keep ourselves motivated to continue. (Especially on very cold days, early morning workouts, etc.)

I'm sure you've been told many times, from parents, or teachers, or even a swim coach, to set goals. So why is it so important to set setting goals? You will hear people say.

- "It seems so silly to spend the time to sit down and write the things you already know you want to do."
- "I just want to swim"
- "I set goals for my career/school, but I don't need to set goals for my sort or hobby."

These may sound reasonable points, but are not true if you take a closer look.

Deep inside, we all need justification for everything we do. It's human nature to feel the need for accomplishment. The reward of completing a task we have worked hard at is something we all strive for, whether it's in the School, at Work or in our personal life. What are you trying to accomplish by swimming?

**YOU** need to make some short medium and long terms goals for this year. Try to set many goals. If you only set one or two simple or wishy-washy goals it probably won't help to motivate you. The more goals you set, the more chance for success you have. Remember, you haven't lost anything if you don't reach a particular goal, but you have accomplished something when you do achieve one. Be specific whenever possible, including number (distances, times, places, dates, etc.). Many of you don't realise how much progress you have made. If you record your times or mileage you may be surprised by how much progress you've really made.

**Overcome the Fear of Failure:** I have noticed that many swimmers don't set goals to improve swimming skills, or enter events to check their progress due to a "fear of failure." When you are asked to do a timed swim in workout, or to enter some other event, do you say "Oh no, I'm not in shape!" "I'm too slow." Or "I don't think I can do as well as last year." These are fear of failure (**negative**) answers. So what if you don't go as far? So what if you're not the fastest? It's the process of trying to improve that's important. A great quote goes like this: "Failure is not the worst thing in the world. The very worst is not to try." However, the chances are you'll be quite pleased with the results if you try, and occasionally reach your goals.

**If you don't know where you are how can you know where you are going?**

**"If You Don't Know Where you're Going, You'll probably End Up Somewhere Else"**

### **Make a Plan**

"A goal without a plan is just a wish."

[Antoine de Saint-Exupery](#) *French writer (1900 - 1944)*

### **Where are you now?**

- **In Training – TRAINING SQUADS**
- **You're Club?**
  - 🏊 What Squad?
  - 🏊 What lane?
- **South Lanarkshire**
  - 🏊 South Lanarkshire Swimming Squad
  - 🏊 ICG Squad
- **SCOTTISH**
  - 🏊 BRONZE – DRP
  - 🏊 SILVER
  - 🏊 GOLD
- **GB Squad's**

### **What are your PB's? – Personal Bests**

- What Events?
- What Distance?
- What Times?

### **What is your highest Level Competition?**

1. Time Trial
2. Club Championship
3. Inter Club Gala (Rutherglen Challenge, Clyde Coast League)
4. The Mini League
5. Graded Meets
6. Open Meets
7. District Meets (West District)
8. District/Inter County
9. Scottish Championships
10. International Children's Games
11. GB Nationals
12. Internationals
13. Commonwealth Games
14. Olympics/World Championships

### How many Sessions do you do a week?

This depends on your Age and current ability. However, you need to be at a similar level to what others do. You also need to do enough sessions to make the hours.

### How many Hours do I Train?

Again depends on Age and current ability, but as a guide:-

|     | Minimum    | Your       |     | Minimum    | Your       |     |
|-----|------------|------------|-----|------------|------------|-----|
| AGE | POOL HOURS | POOL hours | +/- | Land HOURS | Land HOURS | +/- |
| 8   | 4          |            |     |            |            |     |
| 9   | 6          |            |     | 1          |            |     |
| 10  | 8          |            |     | 1          |            |     |
| 11  | 10         |            |     | 1          |            |     |
| 12  | 12         |            |     | 2          |            |     |
| 13  | 13         |            |     | 3          |            |     |
| 14  | 14         |            |     | 3          |            |     |
| 15  | 15         |            |     | 4          |            |     |
| 16  | 16         |            |     | 4          |            |     |

Enter your hours in this chart and see what the difference is?

What intensity do you Train? Hard or Soft?

### Where would you like to be?

These need to be realistic and achievable

- Short Term - Before Christmas
- Short -Medium Term – Before the Summer
- Medium Before this time next Year
- Long Term – what you would like to achieve

Always aim for the next level up

### **Make a Plan**

What you need to do to achieve your Goals?

- Short Term - Before Christmas
- Short -Medium Term – Before the Summer
- Medium Before this time next Year
- Long Term – what you would like to achieve

### **Measure the changes**

How are you going to see if you have achieved your Goals? Are you on track?

### **Review Plan**

Check that your plan was it good enough to achieve Goals?

### **Re evaluate Goals**

Continually monitor you progress. At the end of each target date reset short term Goals

## **DO I KEEP A LOG BOOK?**



# **RUTHERGLEN Goal Setting**

## **KEY EVENTS FOR AGE GROUP SWIMMERS**

### **THE 200 Metres INDIVIDUAL MEDLEY**

**When you are young you learn to swim over short distances, in your first Gala's, you usually start over 25 metres or 50 metres at Development Meets. However in REAL swimming at Age Group Level no one takes any notice of you in events of less than 100 Metre. All serious swimming is done at 200 metres or more. So, from day one in Rutherglen Swimming Club, everyone's key Event is 200 Metres individual Medley. In order to do these well you need great Skills and have to Train very Hard and go to the Meets that help you build towards this. If you miss key stages you will struggle**

**In order of priority these are the most recognised events in Age group swimming. Set your sights High.**

- 1. 400 IM**
- 2. 1500 Freestyle**
- 3. 200 IM**
- 4. 800 Freestyle**
- 5. 200 Butterfly**
- 6. 400 Freestyle**
- 7. 200 Breaststroke**
- 8. 200 backstroke**
- 9. 200 Freestyle**
- 10. Open Water Swimming**

**For all swimmers approaching 9 years and over District Level or above other events are for development and fun and should not be used for Goal setting!**

**If you are 16/17 then 100 Metre events can be included**



# RUTHERGLEN Goal Setting

Task 1 – Goal setting for specific competition

This will help you focus on an upcoming meet (within the next 3 months)

**NAME:**

**SQUAD:**

- What Meet am I going to?
  
  
  
  
  
  
  
  
  
  
- What do I want to achieve? (Goal)
  
  
  
  
  
  
  
  
  
  
- What do I need to work on? (Weaknesses)
  
  
  
  
  
  
  
  
  
  
- How am I going to do it? (Plan)



# RUTHERGLEN Goal Setting

1. Task 2 – Setting future goals – this will help you set goals that will make think into the future

**NAME:**

**SQUAD:**

- What Squad do I want to get into?
- What Target Meet am I aiming for?
- What Distance/Event am I aiming for?
- What do time do I want to achieve? (Goal)
- What do I need to work on? to achieve that(Weaknesses)
- How am I going to do it? (Plan)



# Goal Setting & Swimming Knowledge

## TASK 3

This exercise will help you understand what your current level is and how far you have to travel to achieve the next level.

Personal Best times can be found out from your coach and all qualifying times are available on the internet.

Name:

Date:

Squad:

Age (used for Qualifying Times):

| Event       | Personal Best | West District Qualifying Time | Scottish National Qualifying Time |
|-------------|---------------|-------------------------------|-----------------------------------|
| 50m Free    |               |                               |                                   |
| 100m Free   |               |                               |                                   |
| 200m Free   |               |                               |                                   |
| 400m Free   |               |                               |                                   |
| 800m Free   |               |                               |                                   |
| 1500m Free  |               |                               |                                   |
| 50m Back    |               |                               |                                   |
| 100m Back   |               |                               |                                   |
| 200m Back   |               |                               |                                   |
| 50m Breast  |               |                               |                                   |
| 100m Breast |               |                               |                                   |
| 200m Breast |               |                               |                                   |
| 50m Fly     |               |                               |                                   |
| 100m Fly    |               |                               |                                   |
| 200m Fly    |               |                               |                                   |
| 100m IM     |               |                               |                                   |
| 200m IM     |               |                               |                                   |
| 400m IM     |               |                               |                                   |