

MORRIS COUNTY SWIM CLUB

Swimmer Goal Worksheet

When you get up in the morning, ask yourself; "What am I going to do today to help me achieve my goals?" At the end of the day, ask yourself; "What did I do today to help me achieve my goals?" Act consistent with your goals!

If you do something over and over again it becomes habit. Most people refer to this as "automatic." An act becomes a habit when it requires no thought: when it comes from the subconscious. Studies show that an act can move from the conscious to the subconscious mind in approximately 18 days, by repeating it repeatedly.

This also applies to your goals. If you consciously review your goals and objectives repeatedly, in a short time they will become "automatic" because they have entered into the subconscious.

Guidelines for Goal-Setting

1. Set performance goals that are under your control.
2. Set specific goals.
3. Set realistic and challenging goals.
4. Set measurable goals.

***Individual Goals for* _____**

<u>Event #1:</u>	<u>Event #2:</u>	<u>Goals for an aspect of training outside the pool</u> strength, mental preparation, conditioning, flexibility, nutrition, other?
<u>Goal Time for Event #1:</u>	<u>Goal Time for Event #2</u>	
<u>How will I reach this goal?</u> E.G. Stroke technique improvements, training commitmentS	<u>How will I reach this goal?</u>	<u>List goals below:</u>
1.		
2.		
3.		
4.		
5.		

Technique Tips

	All Strokes	Freestyle	Backstroke	Breaststroke	Butterfly
Starts	<ul style="list-style-type: none"> • Dive out, not down • Keep head tucked tight in streamline on all starts 	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • Take five dolphin kicks underwater on backstroke 	<ul style="list-style-type: none"> • Have long smooth pull outs on breaststroke 	<ul style="list-style-type: none"> •
Stroke	<ul style="list-style-type: none"> • Keep head still • Blow bubbles under water 	<ul style="list-style-type: none"> • Breathe every three strokes on freestyle • Have high elbows on freestyle • Roll hips • Fast, quick kicks 	<ul style="list-style-type: none"> • Thumb out of the water first and little finger enters the water first • Roll hips 	<ul style="list-style-type: none"> • Snap heels together on breaststroke • Glide on breaststroke • Squeeze arms and legs on breaststroke • Stiff neck, don't bob head 	<ul style="list-style-type: none"> • Breathe every two strokes on butterfly • Recover with loose arms on butterfly • Press face and shoulders down in water before hands enter water
Turns	<ul style="list-style-type: none"> • Get into turns faster • Drive harder with legs off of all turns • Streamline off of every wall 	<ul style="list-style-type: none"> • Fast leg flips • Don't breathe going into turns • Take 3 strokes before breathing after turn 	<ul style="list-style-type: none"> • Count your strokes on backstroke from the flags to the wall • Take five dolphin kicks underwater after turn 	<ul style="list-style-type: none"> • Pull knees up into stomach • Have one hand up and one hand under on turn • Stay low on turn 	<ul style="list-style-type: none"> • Pull knees up into stomach • Have one hand up and one hand under on turn • Stay low on turn
Finish	<ul style="list-style-type: none"> • Finish hard • Reach for the wall on every turn and finish • Reach & touch, don't grab on finish 	<ul style="list-style-type: none"> • Finish 10 yards without a breath • Roll and reach for wall on freestyle finishes 	<ul style="list-style-type: none"> • Count strokes • Don't look for wall • Dive to finish 	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • Finish final 3 strokes without breathing