

## GOAL SETTING – BEST PRACTICE

We want you to be the best that you can be. In order to improve your performance in competition we will assess your skill at the beginning, middle and end of your season. We will use Personal Best Tracking which is a tool that will show you where YOU are now and tracks your improvement throughout the season.

Your results are specific to YOU. This is not a competition against your teammates. Your primary goal is to improve your performance from the beginning to the end of the season. By identifying your starting point and tracking your progress you increase the likelihood of achieving your personal best.

Why are goals important? Goals keep us focused and allow us to measure our success.

**COACHES: Please review SMART goal setting techniques (see below) with the athletes. Encourage and assist them to set a SMART personal best goal for the season. Allowing them to be part of the process will lead to a sense of ownership and accountability.**

### SMART Goals Are:

- **Specific** – Be detailed. Example: Don't say: I will decrease my time. Say: I will decrease my time by 2 seconds by the end of the season.
- **Measurable** – You need to be able to measure your progress. Is your time decreasing? Are your skills scores improving?
- **Attainable** – You want to set realistic goals. Set goals that with effort you can achieve.
- **Relevant** – Your goal needs to be something that is important to YOU. Don't create your goal to please someone else. You will be more motivated to achieve something that is important to YOU.
- **Time Sensitive** – By having a targeted end date it creates a sense of urgency and keeps you focused.

## PERSONAL BEST TRACKING

Personal Best Tracking will be completed 3 times throughout the training season: start, middle and end. Start would be 1<sup>st</sup> training, middle would be 4<sup>th</sup> training and end would be 8<sup>th</sup> training. It will occur within the first half of training.

Personal Best Tracking is dependent on what type of sport (individual or team):

- Personal Best for Individual Sport – Measureable trials.
- Personal Best for Team Sport – Individual skill(s) assessment from Special Olympics International Sport Rules.

**S**

- **SPECIFIC**
- Define the goal as much as possible with no unclear language
- **Who** is involved, **WHAT** do I want to accomplish, **WHERE** will it be done, **WHY** am I doing this – reasons, purpose, **WHICH** constraints and/or requirements do I have?

**M**

- **MEASURABLE**
- Can you track the progress and measure the outcome?
- How much, how many, how will I know when my goal is accomplished?

**A**

- **ATTAINABLE/ACHIEVABLE**
- Is the goal reasonable enough to be accomplished? How so?
- Make sure the goal is not out or reach or below standard performance.

**R**

- **RELEVANT**
- Is the goal worthwhile and will it meet your needs?
- Is each goal consistent with the other goals you have established and fits with your immediate and long term plans?

**T**

- **TIMELY**
- Your objective should include a time limit. Ex: I will complete this step by month/day/year.
- It will establish a sense of urgency and prompt you to have better time management.

**What should you do if you set a goal and you don't achieve it?  
Re-evaluate the goal. Is it realistic? Adjust if necessary.  
Try again....Don't give up!**