Athlete Achievement
Goal Setting and Personal Best
Goal Setting and Personal Best Committee

Panel
- Jody Knight - Washington County
- Lisa Barbour - Philadelphia
- Scott Otterbein - Montgomery County
- Stacy Plumbo (in absentia) - Philadelphia
- Chelsea Drob - SOPA
- Mike Ermer - SOPA

Support
- Connie & Dennis Dewey - Franklin County
Agenda

● 6 topics in total will be discussed
● Each topic will be introduced by a panel member
● Group discussion will follow the introduction
● Timers will keep us on track
● Hot topic review will be held at the end for further discussion on a topic

● Long Term - we will continue to gather and share information from coaches to help improve performance for all participants across the state.
● Want to help? We would love to grow the committee!
Topic 1

The importance of setting and pursuing goals

Panel - Jody Knight & Lisa Barbour
Teaching the importance of setting and pursuing goals

- Why are goals important? Goals keep focused and allows measures of success.
- Allowing athletes to be part of the goal setting process will lead to a sense of ownership and accountability.
- Communicate often and as a coach LISTEN to your athletes
- Give consistent feedback and then LISTEN
- Have the hard conversations and come up with new goals together
- Celebrate all the successes, big or small
Teaching the importance of setting and pursuing goals

- **Lisa Barbour Swimming experience**
  - Did not know how to swim - so she decided to join the Philly Swim team
  - First goal was to try to swim a lap
  - Then increased distance
  - Wanted to compete
Topic 1
Teaching the importance of setting and pursuing goals
Group Discussion
Topic 2

Tips, Tools, & How to Collect Data

Panel - Scott Otterbein
Tips, Tools, & How to Collect Data

- Review 2018 best.
- Coaches assess 2019 readiness
- First practice: announce and explain goal setting
- Subsequent practices: talk and collaborate on goals.
- Allow for alternatives - for example an athlete may choose to not compete and has a goal to lose weight.
Show athletes the written goal. Explain in clear terms:

- This distance is 5000 meters.
- Point out the course distance; mark courses with cones at selected distances.
- What does 31:02 mean? Minutes and seconds - count off a minute while on a course.
Tips, Tools, & How to Collect Data

- Record times at practices
- Provide feedback so athlete understands their progress
- Use practice times for entry times at early season races or “practice meet”
- Give athlete 3x5 card with goal numbers, explain again what the numbers mean
- Use actual race results as the new personal best
# Tips, Tools, & How to Collect Data

## WORKOUT SHEET

<table>
<thead>
<tr>
<th>1. The Long Haulers</th>
<th>WORKING on these goals</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Celine Heffron-Pero</td>
<td>??</td>
</tr>
<tr>
<td>2. Michael Serocki</td>
<td>Run a 10k under 56:00</td>
</tr>
<tr>
<td>3. Elizabeth Malcolm</td>
<td>5k in 27 minutes</td>
</tr>
<tr>
<td>4. Luca Sgarra</td>
<td>Drop 5k time to 31:00</td>
</tr>
<tr>
<td>5. Colin Stupak</td>
<td>Run a 5k with no walking</td>
</tr>
<tr>
<td>6. David Miller</td>
<td>Run all three distance events at a race</td>
</tr>
<tr>
<td>7. Jason Fuhrmeister</td>
<td>Run all three distance events at a race</td>
</tr>
<tr>
<td>8. Mark Liu</td>
<td>Drop 5k time to 31:30</td>
</tr>
<tr>
<td>9. Trevor Ciampoli</td>
<td>One minute drop 5k, 30 sec 3k and 15 sec 1500</td>
</tr>
</tbody>
</table>

Warm up stretch-lunges-squats-planks + talk about goals. Talk about running form - stand tall, hands up and not out to the side, short strides

One lap of the long course and the short course OR one lap of the Heebner 1500

Hydrate (water!) weights

Three Intervals: 3 minutes fast, 1 minute jog/walk

Exercise bands, flex and balance, repeat running form talk and goals

Get times: MCCC long course plus two short course loops; OR Heebner 3000M course

Warm down, stretch and chill
### Workout entries

<table>
<thead>
<tr>
<th></th>
<th>600</th>
<th>1500</th>
<th>1 mile</th>
<th>2 miles</th>
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<tbody>
<tr>
<td>Celine</td>
<td></td>
<td></td>
<td>Celine</td>
<td></td>
</tr>
<tr>
<td>Colin</td>
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<td>11:15</td>
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<tr>
<td>Elizabeth</td>
<td>9:03</td>
<td></td>
<td>Elizabeth</td>
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<td>Luca</td>
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<td>8:25</td>
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<tr>
<td>Jason</td>
<td>5:35</td>
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<tr>
<td>Mark</td>
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<td>9:39</td>
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<tr>
<td>Michael</td>
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<td></td>
<td>Michael</td>
<td></td>
</tr>
<tr>
<td>Trevor</td>
<td>11:00</td>
<td>11:51</td>
<td>Trevor</td>
<td></td>
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<table>
<thead>
<tr>
<th></th>
<th>3000</th>
<th>5000</th>
<th>10000</th>
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<tbody>
<tr>
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<td>28:39:00</td>
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<tr>
<td>Elizabeth</td>
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<tr>
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<td>56:46:00</td>
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<tr>
<td>Trevor</td>
<td>23:29</td>
<td>35:04:00</td>
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David

Bucks Invitational

Sunday September 22nd.

5000 Meter Run = 29:21

3000 Meter Run = 17:52

1500 Meter Run = 8:58
Topic 2
Tips, Tools, & How to Collect Data
Group Discussion
Topic 3

Setting Appropriate Goals

Panel - Mike Ermer
### Setting appropriate goals (SMART)

<table>
<thead>
<tr>
<th>Specific</th>
<th>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.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Measurable</td>
<td>You need to be able to measure your progress. Is your time decreasing? Are your skills scores improving?</td>
</tr>
<tr>
<td>Attainable</td>
<td>You want to set realistic goals. Set goals that with effort you can achieve.</td>
</tr>
<tr>
<td>Relevant</td>
<td>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.</td>
</tr>
<tr>
<td>Timely</td>
<td>By having a targeted end date it creates a sense of urgency and keeps you focused.</td>
</tr>
</tbody>
</table>
Topic 3
Setting appropriate goals (SMART)
Group Discussion
Customizing goal setting for each athlete

- A brand new athlete may have frequent new personal bests; or in teenage years growing quickly and faster
- vs the aging athlete still competing but might not be as quick
- So it may necessary to lower or re-establish a goal
Lisa B’s basketball changes

- Lisa was a 5v5 basketball competitor
- As she reaches an advanced age, she is concerned that she will not be as effective in 5v5
- Makes the move to 3v3
Topic 4
Customizing goal setting for each athlete
Group Discussion
Topic 5

Managing shortfalls & failure - Resetting goals

Panel - Stacy Plumbo (in absentia)
Goal setting, a fluid process, requires updating if becomes apparent goal may not be met before established time limit.

Discuss with athlete progress made, suggest goal nearer to current status to foster sense of accomplishment.

- i.e. Athlete goal to run 5k in 27 minutes, but consistently running between 32-34 minutes, reset goal to 31 minutes.

When that goal met, then can reset loftier goal.
Topic 5
Managing shortfalls & failure - resetting goals
Group Discussion
Topic 6

Team goal setting

Panel - Mike Ermer
Team sport goal setting

Team goal setting is similar to individual goal setting

- Each member of a team should have some individual goals for the season

Have a team meeting where the group can come to a consensus of team goals for the season

- Example with my HS lacrosse team: Goal threshold per game - 10… give up less than 10 and score more than 10
- Interesting idea from the PB/GS Committee: is there a measurable way to track “sportsmanship”?

*Gold at a state event, is not necessarily an appropriate goal (not much you can control)
Topic 6
Team sport goal setting
Group Discussion
THANK YOU!

Interested in helping? mermer@specialolympicspa.org