

Name:

GOALSETTING GUIDELINES

VRHS Rowing 2018

- Goalsetting is the cornerstone in the foundation of successes you create for yourself.
- Goals, once you set them, help give you direction, give you a kick in the butt when you need one, and help you to chart success in the midst of heavy training when everything can get hazy.
- Your goals are a reflection of your expectations of yourself. Before you set them, sit and dream about what your greatest accomplishment would be. Separate your thinking into two parts – what you want the outcome of all this hard work to be (performance goals), and how you intend to get to that point (goals).
- Both parts can then be broken into short term (daily, weekly...), mid-range (monthly, fall season...), and long term (season, career).
- Work backwards, and start with what you want to accomplish long term, then focus in on the short and mid-range to chart your progress towards getting there.
- Use the definitions and guidelines below to help you.

- GOALS: **Goals are things that you have complete control over the achievement of.** They aren't dependent upon the performance or decisions of others. Boat goals include everyone in that boat.
- Set goals that are challenging yet attainable.
 - Make sure your goals are self-dependant.
 - State goals in an "I WILL" way as opposed to "I will try"
 - Be very specific – "I WILL DO --- BY --- TIME"

- **Evaluate the accomplishment of your goals at the end of each segment in a "YES, I DID" or "NO, I DIDN'T" way.** If you meet a goal, immediately set a higher one. If you didn't, decide why.
 - Was it too hard? If so, reevaluate and change it.
 - Did you not try hard enough? TRY AGAIN!!
 - Don't care? Drop that goal – you have to care to achieve.
- Be Flexible yet tough.

Examples: I will achieve XX erg time by XX date. I will keep my shoulders in position into the catch for the first 30 strokes of each piece. I won't open my back at the drive. I'll bring the handle straight back to my lower rib and not dump it in my lap.

PERFORMANCE GOALS:

Performance goals are, in large part, the result of goals worked toward. They are things you want to achieve, dream about, and work toward. They probably do involve others, are usually competitively based. *Examples: I will earn a seat in the varsity boat. I will have the largest percentage of improvement on the 2K erg on the team. My boat will have an undefeated season. The LOL Girls Crew will finish in the top 3 in all it's races at the championship regatta.*

- Be realistic, but DREAM HIGH. Really.
- Be ready to work REALLY HARD to meet these performance goals.
- REMEMBER, PROCESS = PRODUCT.

YOU MUST OWN YOUR GOALS IF YOU INTEND TO MEET THEM. THEY MUST BE YOURS.

" Little steps are good building blocks, but don't be afraid to take a big step if one is indicated. You can't cross a chasm in two small jumps." D.L. George

5. DESCRIBE A FEW THINGS THAT YOU FEEL ARE IMPORTANT QUALITIES OF A GOOD TEAM MEMBER.

6. DESCRIBE THE BIGGEST CHANGE YOU WILL MAKE THIS YEAR THAT WILL MOST IMPROVE YOUR PERFORMANCE AND EXPERIENCE.

What is your dream team season outcome?

What do you realistically think this team can accomplish as a season outcome?

How do you want this year's team to be remembered?

Why?

What are the biggest roadblocks to achieving our dream season outcome?

What are this team's greatest strengths?

Weak points?