



Goal Setting Exercise

Setting goals is an essential part of sport periodization and annual planning. It not only helps to motivate the athlete, but provides a framework for the coach to ensure that training is always focused towards the pursuit and achievement of the athlete's goals.

Keep a copy of your goals at your place of work, as well as somewhere visible and significant e.g. at home: fridge door, bedside table, or perhaps at your office.

General Goal Setting Guidelines

- Goals must be ***specific*** – choose goals that are easy to identify and describe. e.g. 'I want to get faster', or 'I want to improve my endurance' is ***not*** specific.
- Goals must be challenging yet ***achievable*** – it is important that the goals present you with a challenge but they must also be realistic.
- Goal must be both ***adjustable*** and ***measurable*** – in order to evaluate progress a goal must be measurable. Sometimes small adjustment must also be made.
- Always state your goals in ***positive*** way.
- Try to choose ***performance-oriented*** goals.

Short and Long Term Goals

You may find it helpful to include short-term goals or objectives leading toward your main long-term goal. Having short and even medium-range targets can help you stay on track and keep you focused. Your main long-term goal can be daunting at times, so breaking that goal down into smaller, more attainable objectives can make the task seem easier. And as you attain each short-term goal, you will gain confidence, keeping the wheels rolling ... ultimately reaching your main long-term goal!

Create a Skating Mission Statement

Creating your own skating mission statement enables you to think about how to effectively pursue your fitness goal. It's like a kind of mantra. Your mission statement can be more generalized than your listing of goals. For example, "In pursuit of my athletic goal, I will give my full devotion, interest, and enthusiasm to succeed". Memorize it, repeat it, and let it be your guide!

Create a Checklist of Objectives

Listing your objectives is a way to identify and understand what the requirements are to meet your goals. This is the meat and potatoes of your training focus, and this is where e-train is here to help you. Together we will create a list of objectives to keep you on target and ensure that everything you do has a measurable purpose.

Feed Your Motivation

Normally, motivation is always in a state of flux: It's usually increasing or decreasing. We want to ensure that your motivation so it's always steadily increasing. To do this, you need to provide yourself with a flow of steady incentive. Surround yourself with the positive emotional support of friends, family, work colleagues, coaches, and teammates. Staying consistent with your training and diet is another way to feed your motivation. E-train is here to help you stay motivated by keeping you focused on on-track, with specific training objectives and structured workouts.

Question Yourself

Questioning yourself after every workout, every week, or every training-related task can force you to follow through on your objectives with solid and consistent effort. For example, after every workout ask yourself, "*Has this helped me?*" Be honest. If you can truly say you've benefited from your workout, mark it down as a step toward your goals.

Reward Yourself

Everyone enjoys receiving rewards. Looking forward to a reward is one of the most powerful motivators. Give yourself a reward for each successful step you make toward your skating objectives. And, of course, give yourself a large reward when you meet your final goal. You've worked hard for it. It's time to celebrate your success!



My Training Goals: Pre-season (you can have between 3 and 5)

| | |
|---|--------------------|
| Goal #1: | Time Frame: |
| Objectives: (what will you do to ensure you meet your goal – if unsure, leave blank) | |
| a) | |
| b) | |
| c) | |

| | |
|--|--------------------|
| Goal #2: | Time Frame: |
| Objectives: (what will you do to ensure you meet your goal- if unsure, leave blank) | |
| a) | |
| b) | |
| c) | |

| | |
|---|--------------------|
| Goal #3: | Time Frame: |
| Objectives: (what will you do to ensure you meet your goal - if unsure, leave blank) | |
| a) | |
| b) | |
| c) | |

Once you've set your goals, ask yourself:

- Are they as specific as possible?
- Are they realistic and achievable?
- Can they be measured?

My Training Goals: Competitive Season (you can have between 3 and 5)

| | |
|---|--------------------|
| Goal #1: | Time Frame: |
| Objectives: (what will you do to ensure you meet your goal - if unsure, leave blank) | |
| a) | |
| b) | |
| c) | |

| | |
|---|--------------------|
| Goal #2: | Time Frame: |
| Objectives: (what will you do to ensure you meet your goal - if unsure, leave blank) | |
| a) | |
| b) | |
| c) | |

| | |
|---|--------------------|
| Goal #3: | Time Frame: |
| Objectives: (what will you do to ensure you meet your goal - if unsure, leave blank) | |
| a) | |
| b) | |
| c) | |

Once you've set your goals, ask yourself:

- Are they as specific as possible? Are they realistic and achievable? Can they be measured?

Then tell yourself: I WILL succeed!!!