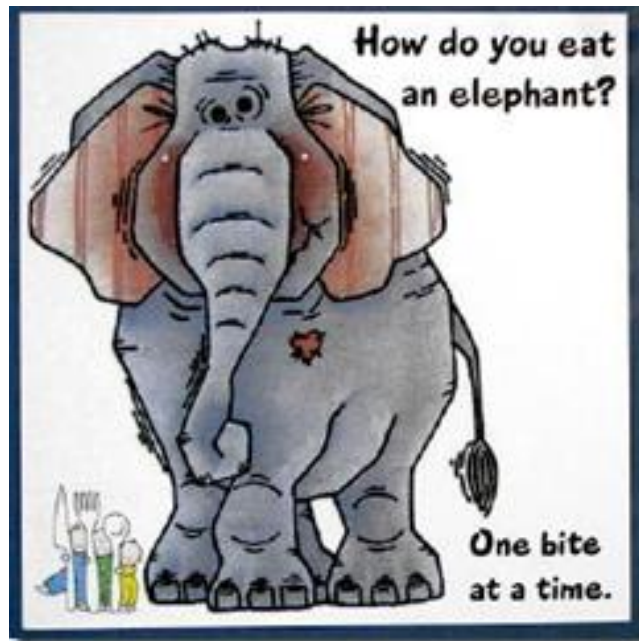


IDEAL PERFORMANCE

GOAL SETTING



Sarnia / Bluewater Wrestling Club and the
Ontario Amateur Wrestling Association



Goal Setting

Studies have repeatedly proven that those who write out their goals and the details involved in reaching them are much more successful than those who don't. Having the right attitude is just like learning anything else. It takes repetition and constant practice.

When writing your goals, the acronym SMART will help you with the process.

Specific - Make it clear what you want. Use numbers not vague statements.

Measurable - Be able to keep track of your progress toward your goal.

Attainable - Make it relevant to your skills and level of expertise.

Realistic - For example, don't set your goal to win the Olympics this year.

Time Frame - Keep in mind the limited time you have to achieve these goals.

(Adapted from The Mental Edge by Kenneth Baum)

Here is some advice on Goal Setting from Ken Chertow:

- 1 Be Specific, setting technique and training goals, as well as performance goals.
- 2 Set a variety of goals, including a combination of short, medium and long range goals.
- 3 Make your goals personal. Personal goals are more meaningful because they are what you want for yourself, not what others expect of you.
- 4 Make your goals challenging yet realistic. Many of your short term goals should be easily achievable while others should be lofty. You accomplish in proportion to what you attempt.
- 5 Post your goals. Write your goals down and refer to them often. Post your most important goals in your bedroom, on the fridge and/or in your locker.

- 6 Do not fear failure. If you only set easily obtainable goals, you will never reach your highest levels of achievement. There is no crime in not reaching your goal but only in failing to set one.
- 7 Evaluate your goals. Refer to your goals regularly. Check them off as you achieve them and set new goals. You must constantly evaluate where you are and where you are heading.
- 8 Design a strategy for achieving your goals. Decide how much and what type of work it will take to achieve your goals. Then design and follow a training schedule that will allow you to reach them.
- 9 Make a Commitment to your goals and work plan. Anyone can set a goal. Those who achieve their goals have the discipline to stay focused on their training and the perseverance necessary to work through the inevitable frustrations.
- 10 Believe in yourself!

Sources

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