

# News for Swim Parents

## [Goal Setting for Young Swimmers](#)

### **How should parents discuss goals with young swimmers?**

First, download DMSS latest DMSS top times report and search & print your child's times (click to download - [Dmss Top Times As At 13th December 2015](#)).

Next, download SA National standards and print off time standards for your child's age as at March 2016 (click to download - [Sa Nationals Time Standards 2015-2016](#)

Then, find some quiet evening time when both of you are relaxed and have a conversation that goes something like this:

Parent: "Billy, our team is having a gala in six weeks. Do you have any goals for the gala?"

Billy: "What's a goal?"

Parent: "A goal is something you want to do that you have never done before."

Billy: [without hesitation] "I want to beat John!"

Parent: "Someday I think you might beat John. He has an "A" time in the 50 free, doesn't he?"

Billy: "I don't know"

Parent: "Do you know what your best time is?"

Billy: "No"

Parent: "Coach says you have 32.2 and that's only 4 tenths of a second from an "A" time which is a 31.8. Would you like to make an "A" time

Billy: "YEA!"

Parent: "Do you know how short 4 tenths of a second is?" [Demonstrates with stop watch.] "Coach says you can knock off those 4 tenths of a second just by streamlining better off the start and turn and by finishing with a long arm and strong kick. What are you going to work on in practice to help you make your goal?"

Billy: "I'm going to work on streamlining and finishing with a long arm and strong kick."

Parent: "Great! I KNOW you're going to make your goal! There is a dual meet with Fairport in three weeks. What do you think you would like to do in the 50 free in that meet?"

Billy: "An "A" time?"

Parent: "You might make an "A" time, but your goal is to make an "A" time in our meet in February and you might need more time to practice your streamlining and finishes."

Parent: [writing on a piece of paper and showing Billy] "Here is your best time, 32.2, and here is your goal time, 31.8. What would be a good in-between time to make in the dual meet?"

Billy: "A 32.0?"

Parent: "Right! Now let's write down your goal."

The next step is for Billy to write down his goal(s) on two pieces of paper. He should write his current best time, his goal, goal date, progression toward goal, and things to work on.

### **Billy Humpleby**

**My Goal: 31.8 "A" time in the 50 free**

**When: February 17 home meet**

**Best Time: 32.2**

**Next meet: Dual Meet January 26**

**Time for next meet: 32.0**

**Every day in practice: streamlining and good finishes**

Billy should keep one at home in his room where he can look at it every day. Mom and Dad should ask Billy once every two weeks or so how he is doing on his goal. The second copy he takes to swim practice to review with the coach. Then he can keep it in his locker or swim bag and look at it every day before practice.

Of course, it's a wonderful thing if a young swimmer is aware enough of times, both his own and qualifying times, to set his own valid goals in addition to those suggested by the coach. If a swimmer sets a reachable goal it should be accepted by coach and parents. Most young swimmers however need the expert guidance of coach and parents to set obtainable goals. Remember, at this age it is vitally important that swimmers are able to accomplish their goals so being realistic is importantly