

My Goals

NWGA

Gymnast: _____

Date: _____

My Top Goals / Priorities

By When

1.		
2.		
3.		
4.		
5.		

Set some personal goals – School, Home, Other

6.		
7.		

Goal #

Action

Goal Setting Tips and Tricks

NW9

What sort of **Priorities** should I set?

- Consider **Level** or Class progression goals
 - When are you aspiring to pass your level, compete at your level, compete at the next level
- Consider a **Competition Goal**.
 - Perhaps a personal best score on 1 apparatus or overall score. Competing a certain skill.
- Consider **Strength** Goals
 - 20 push-ups in 20 seconds, Rope Climb, 5 Chin-ups, rock in dish with my arms up.
 - Goals should fit with the skills that you are working to achieve or improve. Your coach can help you here
- Consider **Flexibility** Goals
 - Shoulder flexibility, Left or Right Leg Splits, Back Flexibility etc. are all common areas that limit skill development.
- Consider last of all **Skill** Goals
 - These are generally easy for the athletes to identify.
 - Pullover on bars, walkover on floor, front handspring, front salto on floor etc.
 - Consider skills in steps: Hold a beautiful split handstand (Before Walkover), Cast to horizontal, 5 swings on P-Bars with nice shape, Jump to Front support with Straight Arms (before Kipping).
- Set some Personal Goals – for School home or other activities.
- Make the goals **Measurable**. Bridge with chest to the wall. 20 sit-ups in 20 seconds.
- Think of what the realistic **Time** may be for you to achieve your goals.
 - This can be a month, term, a few terms, a year or years.
 - It is ideal for the athlete to have some short, some medium and a longer term goal.
- **What can you do** to help you achieve your goals? **Your Coach can help with this bit.** (At home or training I will?)
 - Always do a few extra push-ups, sit ups, v-sits more than requested
 - Ask the coach if I can do a rope climb at the end of each lesson
 - Do my left leg splits for 1 minute each night
 - Sit in Splits while watching TV (or doing my homework)
 - Make sure that every time I attempt at a skill I think about the finish position.
- We love to see athletes with the drive to set and pursue their goals. Please share these goals with us such that we can appreciate them and celebrate their success.
 - If we know about them we can also customise training and set plans to help them reach their goals.
- **Celebrate the Successes!**
 - In Gymnastics it can take a long time to attain skills. Break them into steps and celebrate the wins!
- **Ask Your Coach.**
 - We can break the skills down into parts, identify the key strength, flexibility and shape improvements required. That is what we do!