



Team Maidenhead Target Setting



Great Mentality

When you can truthfully say :

I have the strength to **Accept** the things I **Cannot** change

I have the **Courage** to change the things I **Can**

AND

The Wisdom to know the difference

Factors We Can Influence ?

Swimmers Ideas

Can

Can't

Training	Lifestyle	Racing
Effort	Diet	Prepare
Motivation	Sleep	Nutrition Hydration
Preparation		Focus
Attendance Punctuality		Thoughts
Mind set		
Ambition		

Training	Lifestyle	Racing
Other people attitudes	Emotions	Meet Timing
Timing scheduling	Injury	Heats
Sets planned by the coach	External	Health well being
	School Work	Other Peoples speed
	Family	
	Bad day at school	

Factors We Can Influence ?

Can

Training	Lifestyle	Racing
Attendance	Nutrition	Process
Effort	Hydration	Preparation
Skills	Sleep	Skills
Motivation	Recovery	Body Temperature
Application	Relationships	Targets
Resolve	Screen time	Mentality
Ethos	Positive Influences	Tactics
Focus Determination	Environment	Bravery
Energy %	Mentality	Resolve

Can't

Training	Lifestyle	Racing
Availability	Exam Timing	Event Timing
Opponents	School Requirements	Qualifying Times
Temperature	Parents Decisions	Opponents
Conditions	Environmental Factors	Lane Draw
Programme	National Emergencies	Order Of Events
Lane Density	Motivation of Others	Selection Policies
Energy		



Target Setting

- Realistic
- Personal
- Tactical
- Process
- Measurable