



bc athlete  
**VOICE**

**D**

**DREAMS &**

**U**

**GOALS**

# PERSONAL PROFILE

**NAME:** \_\_\_\_\_

**DOB:** \_\_\_\_\_

**SPORT:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_

**SCHOOL:** \_\_\_\_\_

\_\_\_\_\_

**WORK:** \_\_\_\_\_

\_\_\_\_\_

**CLUB:** \_\_\_\_\_

## CONTACT INFORMATION:

**HOME PHONE:** \_\_\_\_\_

**MOBILE PHONE:** \_\_\_\_\_

**EMAIL:** \_\_\_\_\_

**WEBSITE:** \_\_\_\_\_

**NEXT OF KIN:** \_\_\_\_\_

**COACH:** \_\_\_\_\_

**DOCTOR:** \_\_\_\_\_

**PHSYIO:** \_\_\_\_\_

## ADDITIONAL INFORMATION:

**YEARS IN SPORT:** \_\_\_\_\_

**ACHIEVEMENTS:** \_\_\_\_\_

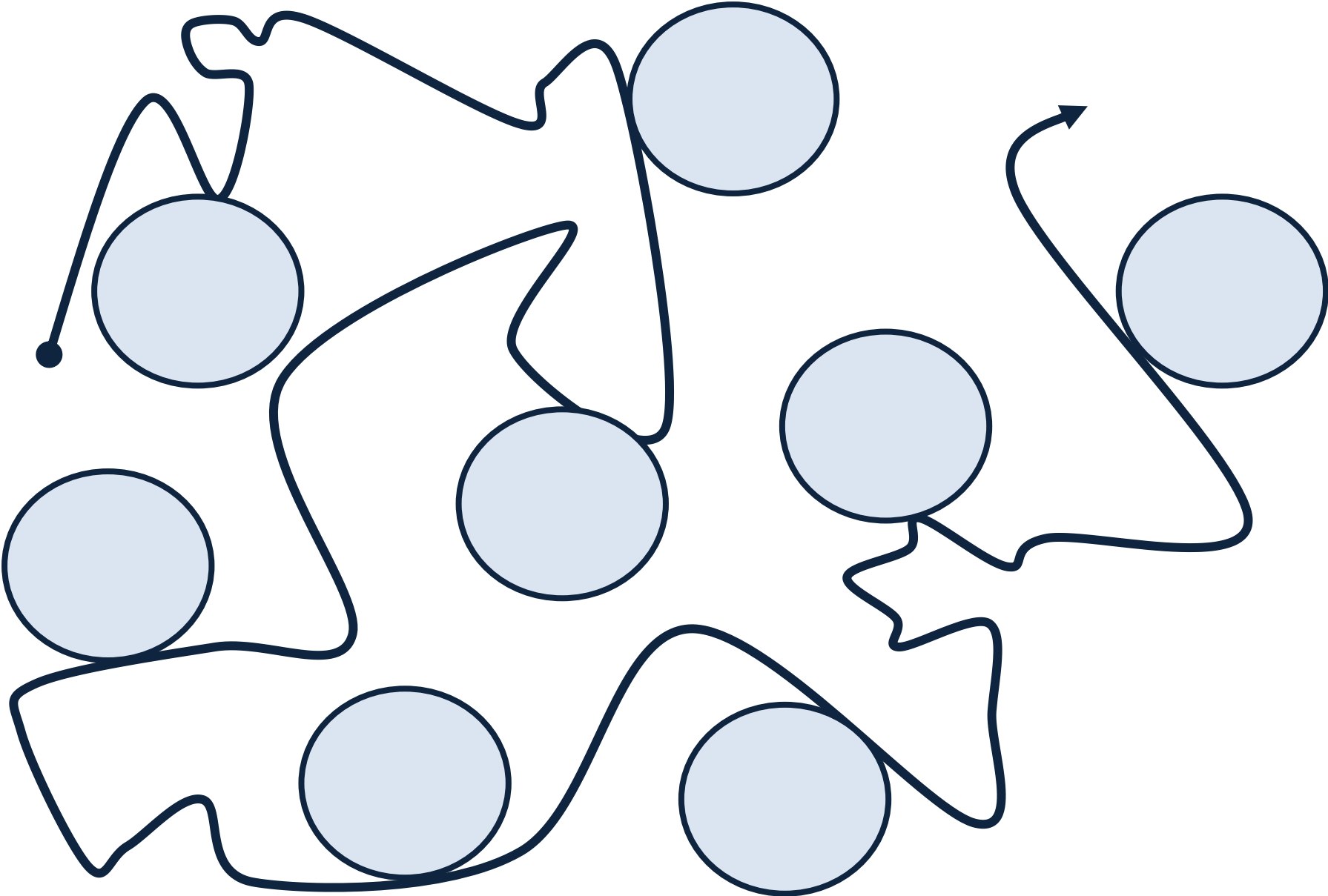
\_\_\_\_\_

\_\_\_\_\_

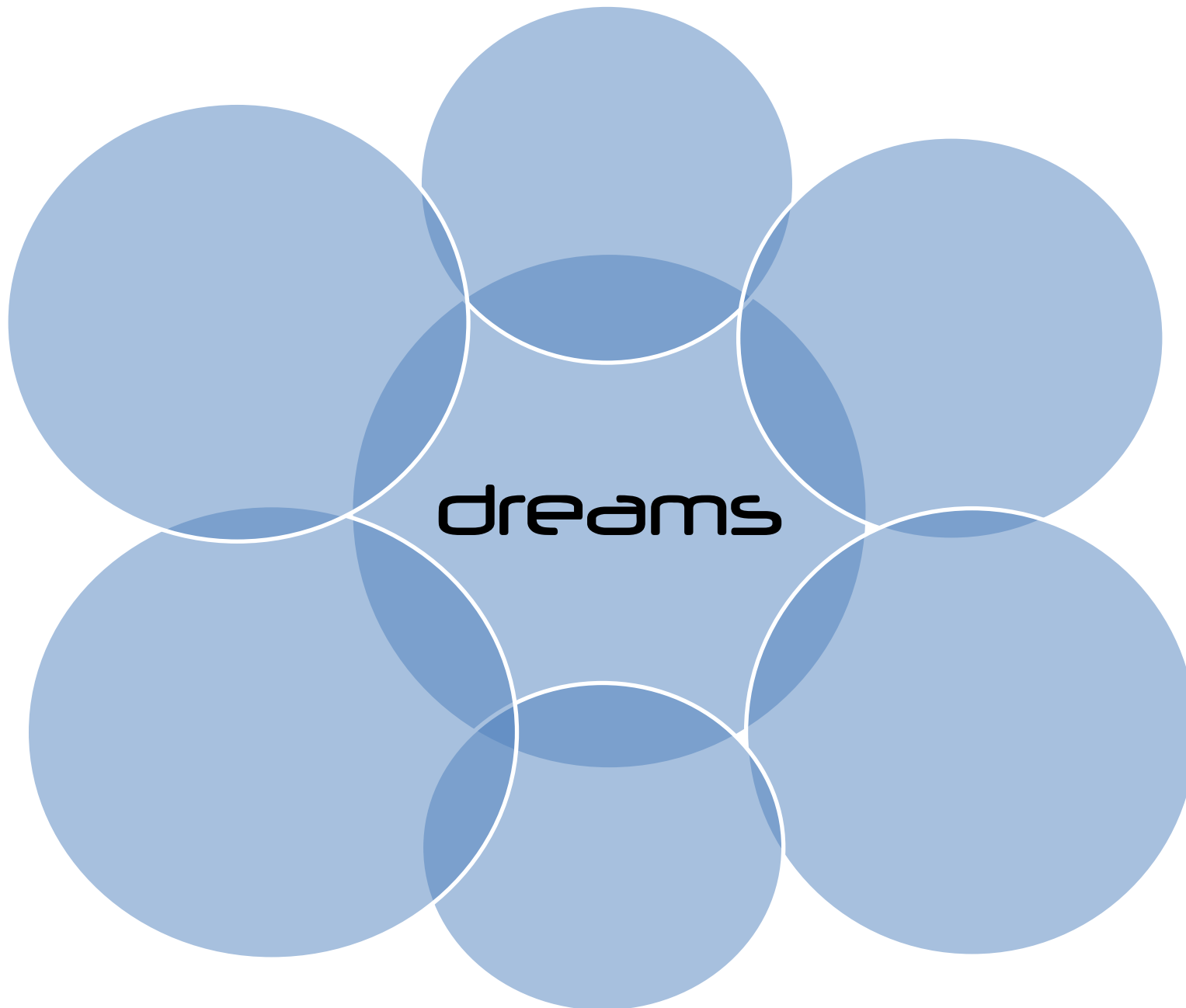
**SPONSORS:** \_\_\_\_\_

# HOW DID YOU GET HERE???

What are major events that have lead you to where you are now???



# WHAT ARE YOUR DREAMS...



**What are your dreams?**

**What do you want?**

**If you could achieve anything, what would it be?**

**What do you wish for?**

**Fill in the circles with your dreams**

**You can draw more circles if you need to**



# WHAT'S YOUR PATHWAY???

**What level are you at now?**

**What's the next level? And the level after that?**

**How do you progress to the highest level in your sport?**

**What do you need to do to reach the next level?**

**How does this relate to you long term and short term goals?**

**What are some of the benefits to being at each level of your pathway**

**How will you know when you're at each level?**



# WHAT ARE YOUR GOALS...

**DREAMS**

**LONG TERM GOALS**

## Example:

To win Gold at the 2012 London Olympics in the 100m men's sprint

- Achieve short term goals
- Performance planned for lead up to Olympic selection and through to actual event
- Ongoing performance analysis with coaching team

**Don't forget that your Long Term Goals need to be SMART (specific, measurable, achievable, realistic and timely).**

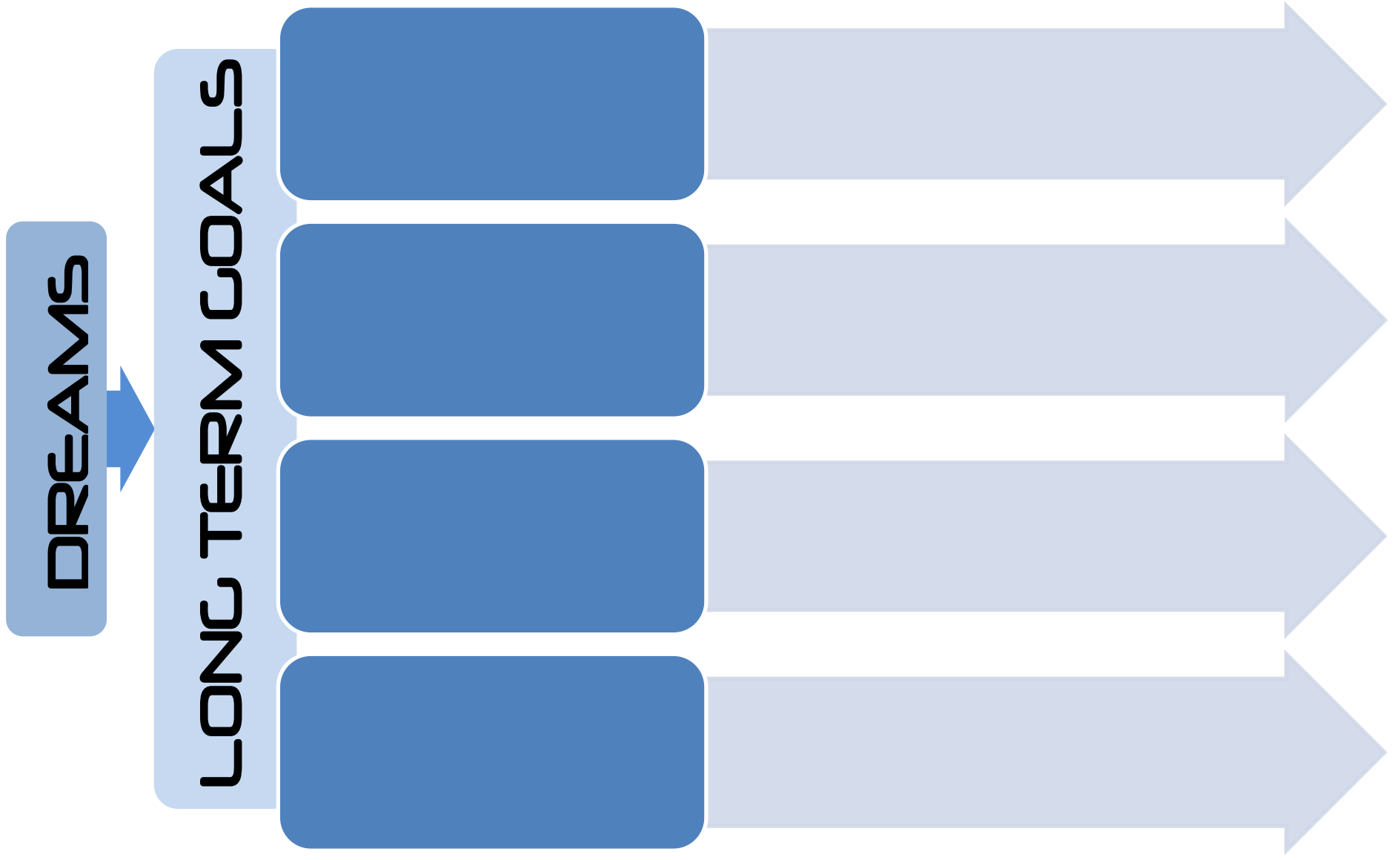
**Make sure your Long Term Goals are linked to your dreams**

To hold the 400m Canadian national track title and be selected in the Canadian national track team in 2011

- Achieve short term goals
- Support team established including coaches, medical and sponsors
- Post personal bests in lead up and ensure tracking of competition competitors

**It's important to include some points that help define further your Long Term Goal.**  
**This information should support and link with your short term goals to help achieve your Long Term Goals**

# DREAMS INTO GOALS...



# LONG TERM GOALS TO SHORT TERM GOALS...

Example:

## LONG TERM GOALS

## SHORT TERM GOALS

To establish a team around me including coach, medical, training and support by Jan 2010.

- Team to include at least a coach, physio, manager, doctor, trainer and nutritionist.

- Work to ensure team is a unit in making the best decisions for my performance.

- Source team members through local networks, advice from MSO's or PSO's and contacts within my sport

Short Term Goals need to link into your Long Term Goals.

Think about what you need to achieve in your Long Term Goals and then cut this down into your Short Term Goals.

Remember this is a pathway for achieving your dreams

Gain selection for the 2009 BC Games, achieve a top 3 finish in the 100m sprint

- Attend PSO training camps
- Complete own training plan with personal coach

- Post Personal Bests in lead up club races in 2008

- Work on start and finishing technique
- Train in the gym 3 times a week through the off-season (10wks)

Use specific points that will help in achieving your Short Term Goals.

By working towards these points, it should be easier to then achieve your Short Term Goals.

If there is too bigger gap between your STG and your LTG, then it may pay to include an extra level of goal setting (Mid Term Goals)

# LONG TERM GOALS TO SHORT TERM GOALS...

**LONG TERM GOALS**



**SHORT TERM GOALS**

Target Date:

Target Date:

Target Date:

Target Date:

Three stacked light blue upward-pointing arrows, each with a white outline, pointing towards the first short-term goal box.Three stacked light blue upward-pointing arrows, each with a white outline, pointing towards the second short-term goal box.Three stacked light blue upward-pointing arrows, each with a white outline, pointing towards the third short-term goal box.Three stacked light blue upward-pointing arrows, each with a white outline, pointing towards the fourth short-term goal box.

# WHAT STEPS DO YOU NEED TO TAKE???

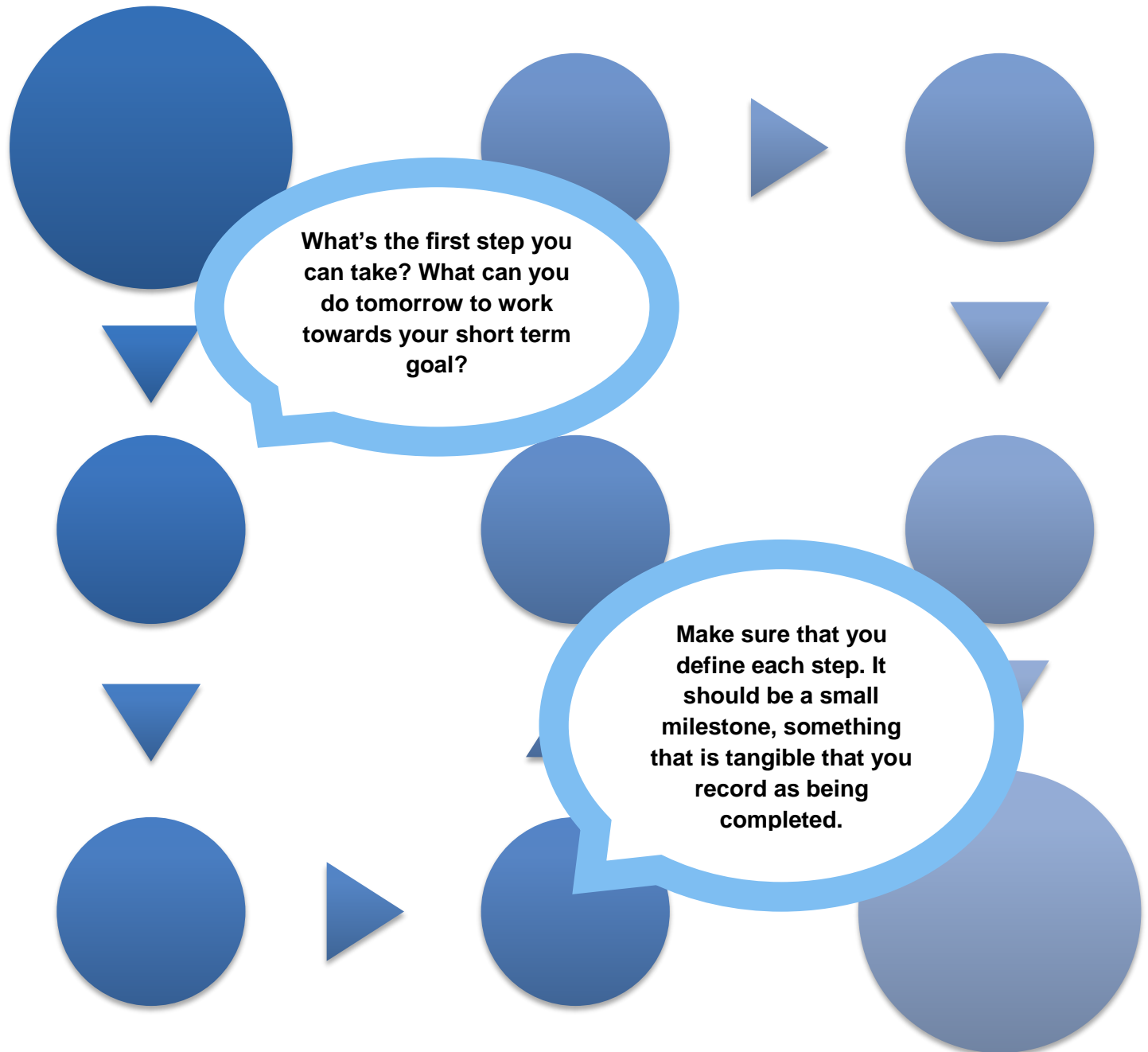
What steps do you need to take to get on the pathway you have identified on the previous page?

What are some of the small things that you need to do to achieve your short term goals?

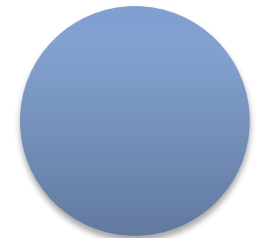
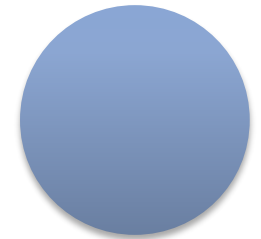
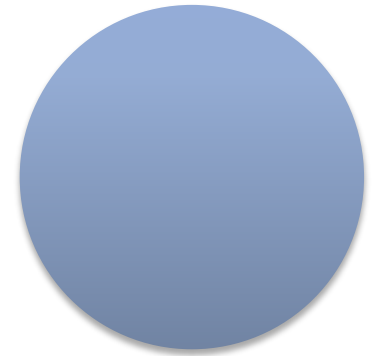
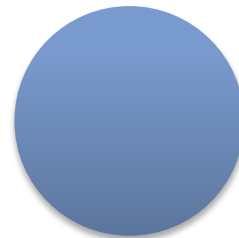
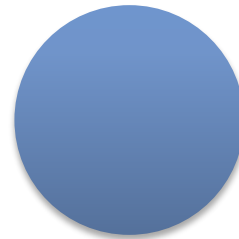
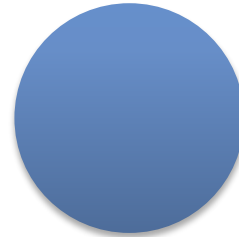
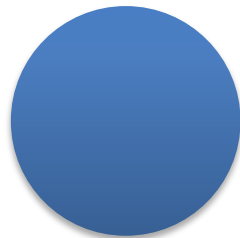
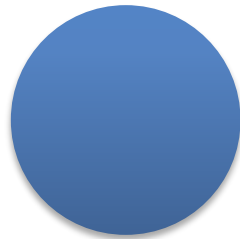
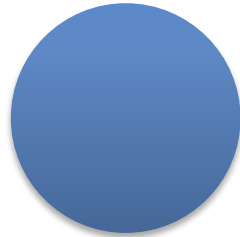
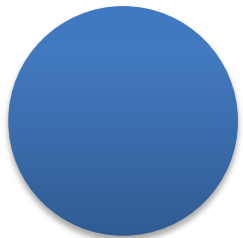
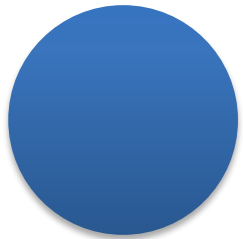
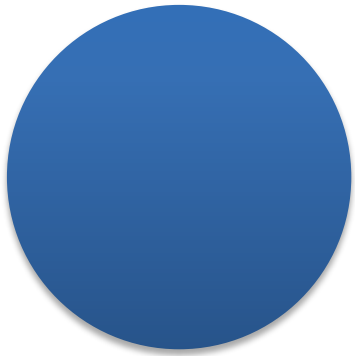
These steps can help map out how you can achieve your short term goals.

By looking at your pathway, setting some long term and short term goals and then splitting these down to bite size steps allows you to start making progress immediately.

Remember that the longest journey begins with one step and anything is possible if you can break it down into manageable pieces



# WHAT STEPS DO YOU NEED TO TAKE???



# BARRIERS TO ACHIEVING MY GOALS...

Example:

BARRIER

Money to train, compete and live

- Get organized – know when I need money, how much money I need and brainstorm ways of getting it.
- Investigate possible jobs that are flexible with training.
- Find potential sponsors and approach them with a proposal.
- Consider different ways to fundraise ahead of time.
- Identify potential groups that could provide funding or scholarships.

No one said that being an elite athlete would be easy, that's why most people don't make it.

**The difference between being good and being great is often the ability to overcome barriers and smash the roadblocks that get in your way.**

**There are millions of potential obstacles, what's important is having a strategy to beat them.**

Time – to train, to go to school, to work, to spend with friends and family

- Get organized – know what my schedule is, what events are coming up and what my commitments are.
- Plan! Utilize a diary, to do list, calendar and schedule or timetable to work to fit everything in.
- Prioritize – make sure I understand what I want and how to achieve it.
- Cut down on time wasting activities and be organised.
- Analyze how I use my time.

Finding a solution to overcoming a barrier is easier than you may think.

**It helps to sit down and think about the situation and discuss it with your supporters.**

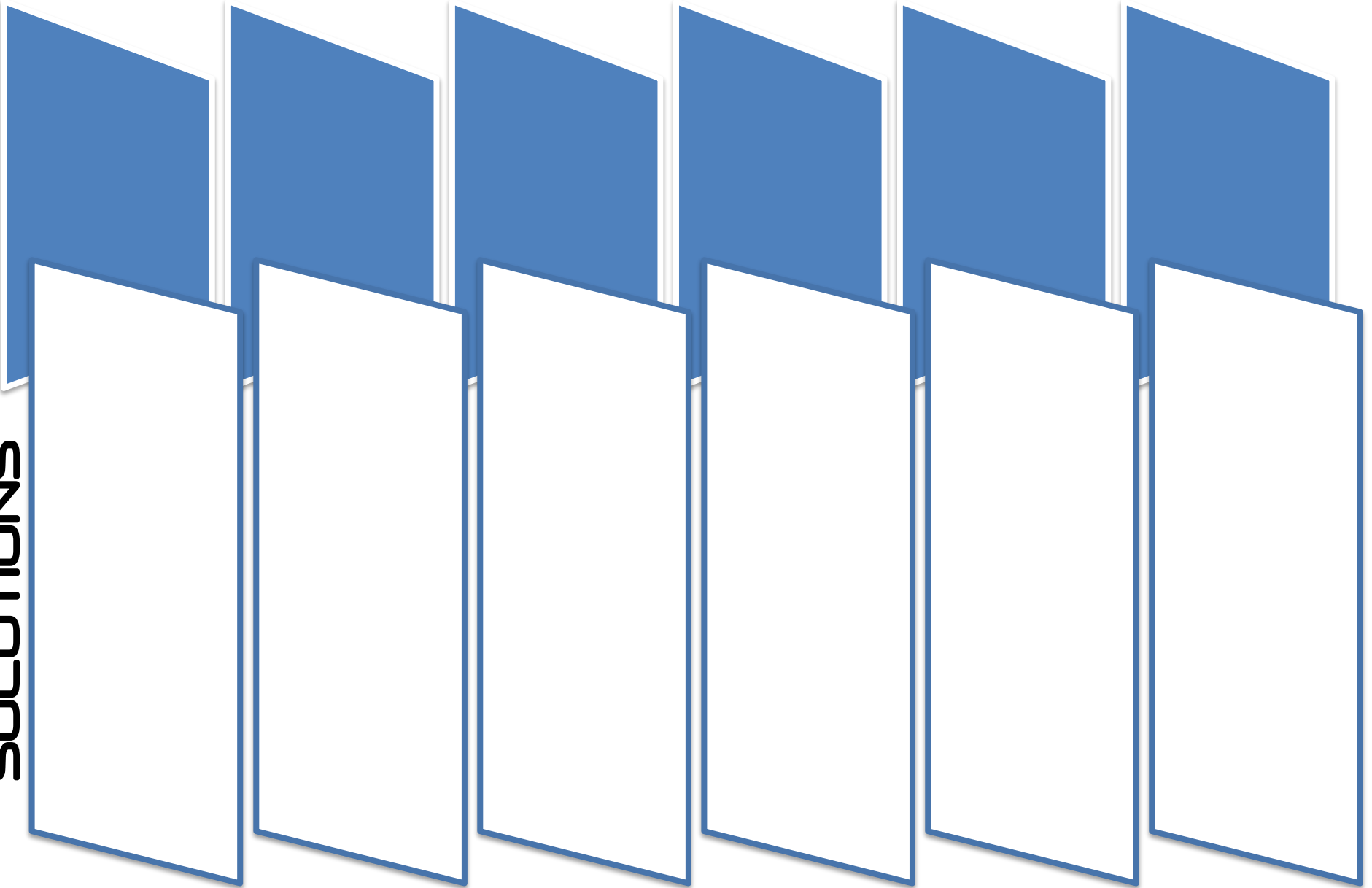
**Often it may take some lateral thinking and hard work, but anything can be achieved as long as you want it enough.**

SOLUTION

# BARRIERS TO ACHIEVING MY SHORT GOALS...

**BARRIERS**

**SOLUTIONS**



# HOW ATHLETES USE GOALS...

